Lean Muscle Fast! The Underground Fitness Trend You Need To Follow



28-DAY BODY PLAN

Ditch Your Love Handles Forever In Under A Month

SUPERSIZE YOUR BRAIN*

*BY WHICH WE MEAN LITERALLY RIGGER

THE NEW HANGOVER SUPERDRUG

EAT STRESS FOR LUNCH

BURN 1500 KCALS ON YOUR COMMUTE JAIME LANNISTER
GETS MEDIEVAL
ON YOUR ABS!

OUT-TRAIN YOUR JUNK FOOD HABIT

> NSFW ISSUE

27 Natural Supps They Tried To Ban

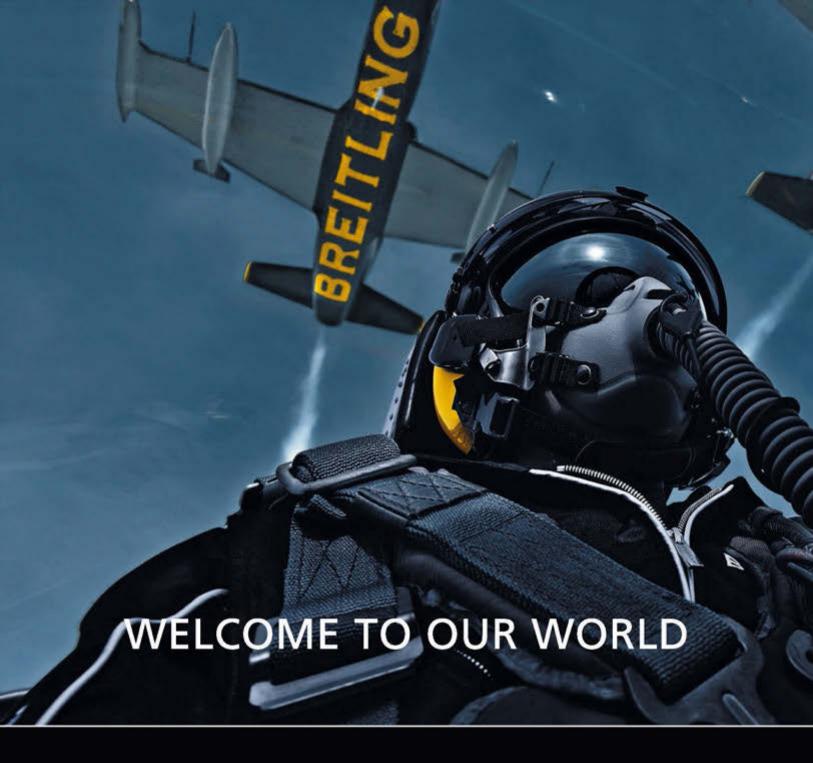
A Dominant's Guide To Submissive Sex

13 Ways To Make Your Boss Fear You

The Rise (And Rise)
Of Penile Surgery

NIKOLAJ COSTER-WALDAU, 44
ACTOR, GENTLEMAN, KINGSLAYER

HARDER, FITTER, PASTA THE HEALTH SNOB'S GUIDE TO CARBS



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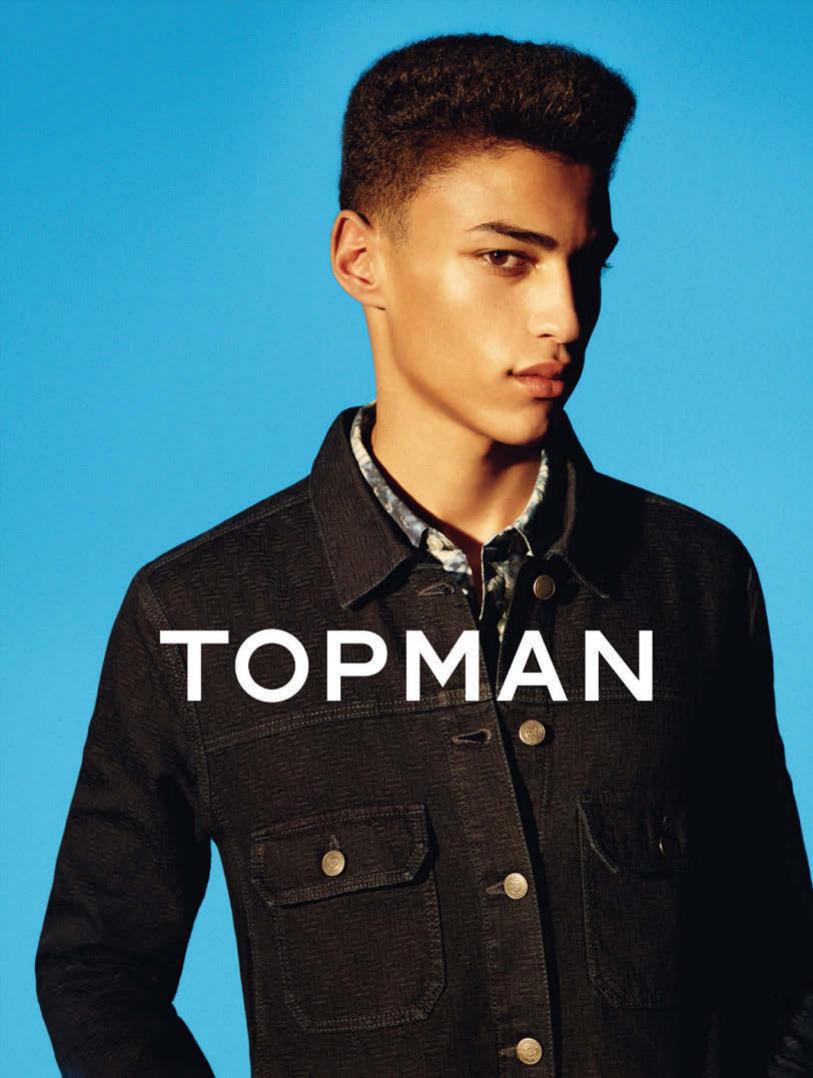


INSTRUMENTS FOR PROFESSIONALS"





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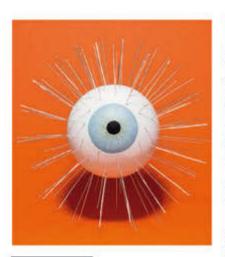
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EXPERT ADVICE

FROM TAKING PUNISHMENT IN THE BEDROOM TO AVOIDING IT IN THE OFFICE, THIS MONTH'S NSFW PROS HAVE YOU COVERED



BE SAFE FOR WORK DERMOT SCULLY

If innocuous office antics land you in hot water, employment lawyer Scully will show you how to keep things cool with HR p108



SINK HANGOVERS DR STACY SIMS

Thirsty Thursday well and truly quenched? Dr Sims teaches you to perform at your best the day after a heavy night before p16



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Curiak is the record holder for 1100-mile icebike race Iditasport. He shares his kit list for the ultimate offroad trip. Gear up p36



CHEAT WITH MEALS MATT LOVELL

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WHIP INTO SHAPE
BEATRICE WINBERG

You will henceforth refer to her only as "mistress". Dominatrix Winberg tutors you on sex with the strings firmly attached p94



GO FOR LONGER
RAMANI DURVASULA

Penoplasty may be on the rise, but is it one massive mistake? Psychologist Dr Durvasula gets out all of the hard facts p88

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6 HIGH-TECH FABRIC PROS

4 NUTRITIONISTS

4 EMPLOYMENT LAWYERS

4 PHYSICIANS

3 SEX PROFESSIONALS

3 NEUROLOGISTS

3 TOP-TABLE CHEFS

2 SPORTS SCIENTISTS

2 HR MANAGERS

2 PENOPLASTY SURGEONS

2 WORLD RECORD HOLDERS

1 PHYSIOTHERAPIST

TOTAL

50 EXPERTS

Men'sHealth

TOBY WISEMAN

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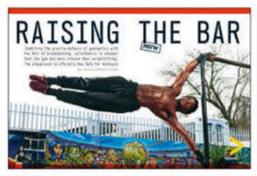


EDITOR'S LETTER

IF YOU'RE GIVEN TO TEMPTATION. TRY GIVING IN

PAGE

Gym rules be damned: the mean streets are Now Safe For Workouts





Can a pill really heal you 'one more won't hurt' relationship with booze? Turns out the answer's at the end of a bottle

Screw Christian Grey: take it like a man while she takes the reins and reach pleasure-pain nirvana







We reveal the hard facts about penis enlargement: the biggest growth area in cosmetic surgery



WADA might show up to your next charity 10K



From your inbox to the pub. HR is watching your every move. Protect yourself from career kamikaze



an is, if nothing else, an all too predictable animal. That is to say, he is a creature of bad habit. Show us a door saying 'Do Not Enter' and we'll immediately try the handle. It's almost hardwired as an evolutionary advantage that risk and rule-breaking precede reward. Even Solon, the magistrate who created order out of chaos in ancient Athens, conceded that "Laws are like webs. They entrap the weak, but are broken by the strong."

It's perhaps the reason why, when our browsing breaks in the office take us to a 'NSFW' link, we're compelled to click - even when the stake clearly dwarfs the jackpot. So in this issue we've turned a vice.com staple into a virtue; veering off the straight and narrow really can work.

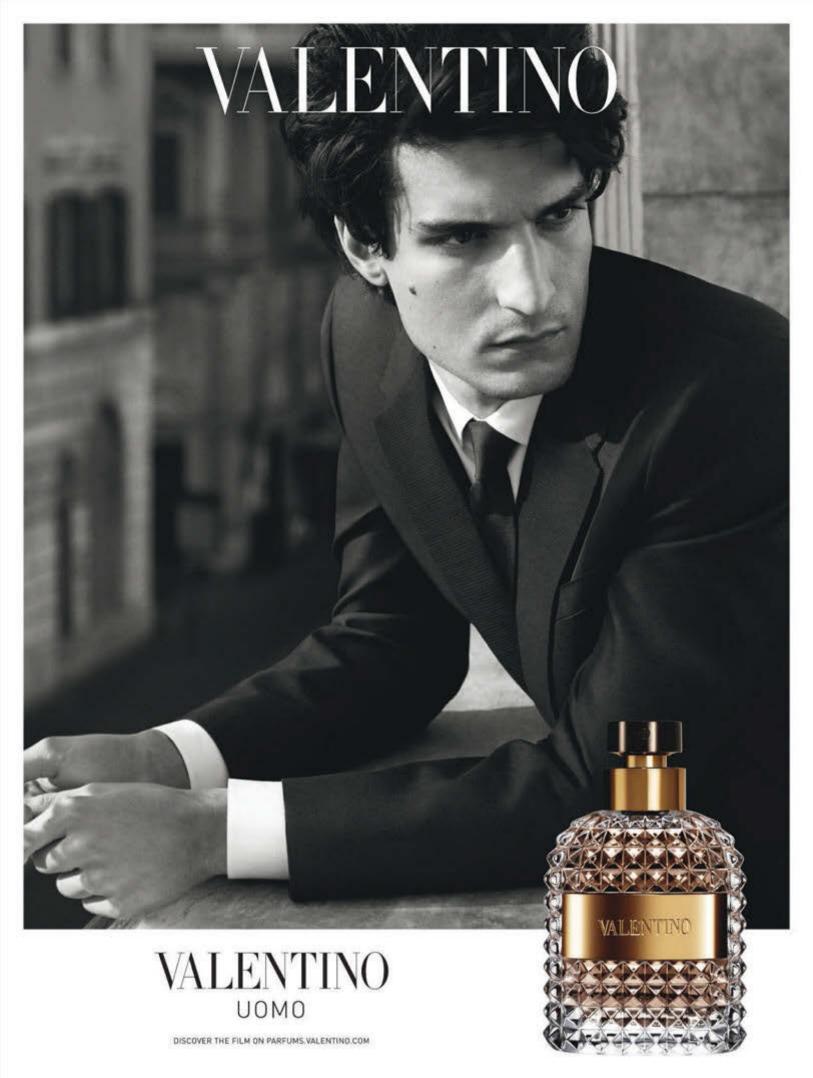
We'll start with dinner and 27 Foods So Good They Should Be Illegal (p102). It's a grocery basket full of legitimate

performance enhancement that'll make Lance kick himself. Then it's off to the bedroom where Men's Health's pleasure correspondent Nichi Hodgson uses all her experience to show you How to Submit Like A Man (p94). Bored with fulfilling your lover's Fifty Shades fantasies? This is your chance to experience the away game.

And if you have been clicking on those naughty links (or worse), you should take a look at Are You Safe For Work? (p108), where a panel of legal and HR experts will help you launder your professional reputation back to saintly. It could pay back your investment in this magazine several thousand times over.

So, if you can't be good, be careful; and if you're intent on gambling, do it like a pro. Gentlemen, place your bets please.

TOBY WISEMAN BSME EDITOR OF THE YEAR



HEAD TRAINER AT LES MILLS | WORDS: EMILY BADIOZZAMAN | PHOTOGRAPHY: SUN LEE

ASK MH

WHATEVER'S WINDING YOU UP, WE HAVE A SOLUTION





EVER SINCE THE HIIT CRAZE STARTED I'VE DONE NOTHING BUT SPRINTS, BUT I HAVEN'T LOST ANY WEIGHT. WHY?

FREDRICK, NOTTINGHAM

Contrary to the wisdom of your gym's resident CrossFit nut, success isn't about pushing yourself to breaking point every time. And when it comes to weightloss, there is no one-size-fits-all formula. While HIIT has its place, it isn't always the best route to fat burning. It's possible your body type is more suited to endurance training. To keep you on track, fitness coach and author of Mad Scientist Muscle Nick Nilsson advises exerting yourself at 60-70% effort, rather than the 90-100% you

use during peak-intensity exercise. Endurance training allows you to work out for longer, helping you shed 37% more weight and double the amount of fat, the Journal of Endocrinology Investigation found. "It's important to keep your body guessing too," says PT Ally Gray of London's Third Space gym. "Don't go longer than six weeks without mixing it up, from cardio to strength training". Limit HIIT to once or twice a week and if your progress stalls, think Mo Farah, not mo' faster.



WEIGHTLOSS ISN'T CHILD'S PLAY – YOU NEED TO CLOCK THE MILEAGE

AHEAD OF THE CURVE Switch things up if you're

stuck in a rut with the latest fat-burning classes

SWAP BODYWEIGHT FOR 'ZUU' Virgin Active's new addition to the timetable combines primal movements and HIIT. And they're not monkeying around: your abs will scream.

SWAP THE BENCH FOR 'GRIT' "A mix of cardio, plyometrics and strength, a session burns up to 600kcal," says PT Dave Kyle*. Book in with Nuffield, Virgin Active or David Lloyd.

SWAP TRX FOR 'FREESTYLE'

Freestyle Group Training at Fitness First mixes the likes of ViPR, sandbells and med balls to seriously up the ante on your floor work and help you shed the fat faster.



ASK MH

ALLOW OUR EXPERTS TO OUENCH YOUR CURIOSITY

COFFEE HAS BECOME A CRUTCH I WANT TO DROP. WHAT'S A GOOD ALTERNATIVE?

ADAM, DUNDEE

On the sliding scale of vices, coffee is right down there with Babycham, Nonetheless, it can be addictive - and while you're unlikely to OD, you'll certainly feel the withdrawal symptoms. But there's no need to book into rehab just yet. "Since caffeine is a relatively weak drug, it's also not that

difficult to quit," says Stephen Braun, author of Buzz: The Science and Lore of Alcohol and Coffee. Try dandellon coffee (£7 hollandandbarrett.com). It is a caffeine-free tea, despite its somewhat misleading name, with a similarly bitter flavour to the hard stuff. This should fool your tastebuds into thinking you're getting your coffee fix. If you still crave the kick, wean yourself off by adding a sprinkle of matcha. It has more caffeine

than black tea but far less than an espresso.

AMI **NORMAL?**

MY MUSCLES TWITCH FOR AGES AFTER A HEAVY LEGS SESSION. DOES THIS MEAN I'M PUSHING MYSELF TOO HARD?

MIKE, LIVERPOOL

Are you nervous? Science suggests you might be. Going hard too often in the gym can cause jerk reactions - or twitching - due to increased irritability in your nerve endings, according to Stanford University neurologist Joanna Dearlove. But don't worry, because it's actually pretty common and simple to fix. Ensuring that you stretch and rest well wouldn't go amiss, but it's also key that you keep your electrolytes balanced as they're integral to both your muscle function and nerve impulses. A crafty combination of magnesium supplements (£5 for 30 caps hollandandbarrett.com) and acupuncture (which Nippon Dental University in Tokyo found helps with aches and spasms) should pin down the problem. Bonus: these two also act as a superset for muscle development.

IS GUZZLING LOTS OF WATER BEFORE BED THE BEST WAY TO EASE HANGOVERS?

EDWARD, NEWCASTLE

Technically, your best bet is to replenish as you go along: an H₂O for every G&T. But if you're challenging your boss to beer pong on Friday night, you're probably well past the point of sensible strategy. Instead, fix your last drink of the night before you head out so you can down it in one when you get home. "The key is to get salt, potassium and sugar in about 750ml of water, so your intestines pull the fluid into your body," says hydration researcher Dr Stacy Sims. Her cocktail below won't work miracles, but it can make your morning-after considerably less painful.

LAST ORDER OF THE NIGHT

If you anticipate a heavy session, prep this in advance, then swig it pre-pillow

- Salt, a pinch
- Maple syrup, 1tsp
- A lemon, juiced

• Water, 500-750ml | Glucose in maple syrup, sodium in the salt and potassium in lemon juice serve you with the perfect rehydrating mixer. Lemon also helps you process toxins. Your future self will thank you for it.



I'VE HEARD SYPHILIS HAS REARED ITS HEAD AGAIN. IS THIS JUST AN URBAN MYTH?

JAKE, HUDDERSFIELD

Alas, it's no dirty joke: syphilis cases are currently at their highest level since the '50s. Men account for 90% of them, according to the International Journal of STD & AIDS and Nottingham, Derby, North Wales and Northern Ireland have reported the highest numbers in the UK. The surge has caught many doctors who thought it was an STI of yesteryear with their diagnostic pants down, with many misinterpreting the initial warning signs of rashes and ulcers as herpes especially as the breakouts only last for a few weeks (syphilis isn't known as the Great Imitator for nothing). If the idea of a seven-hour queue at the GUM clinic makes you more uncomfortable than the test itself, you can request a home kit in the post through ruclear.co.uk. It's a quick and discreet way to assuage any anxiety. Plus, the earlier you catch it, the easier it is to get rid of.

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TOTAL GREEK LEG HURT





STEP UP TO THE GODS' QUADS

As gym moves go, the **SISSY SQUAT** couldn't be less apposite. With its roots in antiquity, this technique is your key to sculpting a truly divine physique

egs day is often punishment enough for gym goers even more so if you're seeing minimal gains from hours of Herculean effort - but taking advice from a sissy might be the best way to see a return. Sisyphus was a Greek king whose shenanigans went down with his peers about as well as a José Mourinho referee critique, and Zeus condemned him to hard labour Turns out, rolling a boulder up a hill for eternity makes for impressive quads. This move is designed to build you the same legendary thigh strength without the time investment How? While regular barbell squats deserve their place in your routine, it's a myth that you'll build solid and functional quads at the squat rack alone. Isolating the muscles with this gravity-defying exercise is the quickest route to results, leaving you with legs ready for your arena of choice. And if you've ever wondered why the Greeks went shirtless, this move will also carve out eye popping abs and obliques by working your core stabilisers. We'll see you in hell.

HOLD IT

Once you feel the burn a cross your thighs, slowly return to the starting position, keeping your back straight Support yourself to avoid a visit to your chiropractor.





STATUESQUE **QUADRICEPS**









BALANCE





ANSWER

LEAN BACK

Tensing your quads to control the movement, lean back so your body forms a line from your neck to your knees. Think Neo dodging bullets in The Matrix

SET UP

Stand with your feet shoulderwidth apart, heels raised 2-4in from the ground. On something sturdy that won't budge. we should add.

REPEAT

Perform as many times as you can with good form If be a sissy - add

it's too easy, don't dumbbells to put your quads under greater strain.







If you don't have the time or money to hit the gym, you can still earn a pair of perfectly honed pecs. Just join together with the band

f you bad-mouth weight lifting, you'd better duck; to gym rats, it's sacrosanct. But muscle boffins have recently weighed up heavy metal against resistance bands and found that iron isn't the only way to a bigger, better body. The study, published in the Journal of Strength and Conditioning Research, found resistance band press-ups build the same amount of muscle as the hallowed bench press. Why? Both exercises spark similar electrical activity, hitting the same number of muscle fibres in your pecs, triceps and delts.

Resistance bands (MH Set £30 argos.co.uk) maintain tension throughout each rep, meaning no locking out your elbows for a quick breather, and they end rotation rotas with bench hogs.

It's also easier to drop one than to wrestle a barbell from your windpipe.

oney to hit hir of perfectly with the band

STRETCH ARMS STRONG WITH A LITTLE BAND AID

JUSCLE NEWSFEED 04.2

SAVED BY YOUR SOLES

What you lace up determines how heavy you lift. Swap out your kicks to join the elite



Stability : St

tability : Strength

High heels and weightlifting don't normally mix but these Cubans help beginners maintain perfect form and lift more. "Once your form is nailed, however, their benefit ends," says PT Danny Fisher. Adidas Adipower £175



CONVERSE ALL STARS

Stability

Strength

These old-school sneaks aren't just good with skinny jeans. The hard, flat soles lend you stability when lifting heavy weights. "Go for the hi-top and you get extra ankle support too," says Fisher. Converse All Stars £48



RUNNING SHOES

Stability Strength

Going from treadmill to squat rack makes a PB impossible. "Soft soles sap energy, create ankle instability and lead to uneven weight distribution," says Fisher. If you're going to mix it up, pack a different pair. Brooks Glycerin 12 £78

STRENGTH IN NUMB3RS

FIGURES OF AUTHORITY

The latest stats and research putting a tiger in your tank



71%
Amount of extra kcal

Amount of extra kcal burned by fast lifting, rather than time under tension. Get abs to go with those arms.



30
A half-hour run at

A half-hour run at 70% intensity, five times a week, builds muscle mass equal to resistance training.



120

Consume 30g of protein four times a day to improve muscle building by an extra 25%.



You're twice as

likely to stick with group classes than solo exercise. Sign up and shape up.



Injuries slow down your progress when training - Injury Journal

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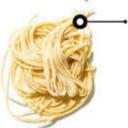
he Health Snob's Guide To

Forget the nutritional void that is the dry stuff. Made fresh, this is a disease-beating carb worthy of a renaissance

EMPLOY FRESH THINKING All hail. This Italian classic delivers health and training benefits aplenty in its fresh form. Making it the authentic way gives you carb control, plus you can cut the dough with healthy ingredients. "Put 300g flour, 100g semolina, 2 eggs and 6 yolks in a processor," says awardwinning chef Theo Randall. Divide into two equal balls, wrap and refrigerate while you decide which shapes to create with your Lakeland Pasta Machine (£23 lakeland.co.uk).



Good for meat, seafood – and the body. The extrusion process (where dough is put through the machine and flattened) makes each tube an ally against heart disease. Forcing the dough into a tight, compact structure helps your body absorb the carbs slowly, controlling insulin and cholesterol. Penne = bene.



SPAGHETTI

Avoid large portions, says Randall: "Too much will congeal as it cools and take on an unpleasant quality." You don't need much to benefit, though: the American Association of Cereal Chemists found a serving provides nearly a third of your RDA of vitamin B1, which helps your body use the energy from food.



RAVIOLI

A good plate of ravioli is the true mark of an Italian cook. Equally as premium are the gains it offers: your choice of meat filling wrapped up provides the double-whammy of protein and fastacting carbohydrate needed for muscle glycogen and repair after a workout, according to the University of Texas.



TAGLIERINI

Best served in bulk, this is for those who like to taste the pasta. Mix spinach into the dough for muscle-aiding minerals and a lower carb count. "Make it a day in advance to yield a firm texture when cooked and help it absorb the sauce" savs Randall. Of course, the sauce makes or breaks both taste and fitness gains.



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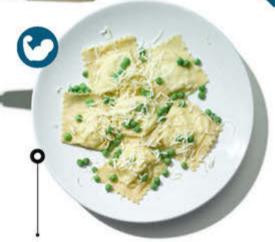
MENSHEALTH.CO.UK





Ensure yours is the right texture by getting mouthy. "If it has a bite it's al dente ['to the tooth']. So stop cooking," says Randall. The American Diabetes Association found al dente pasta lowers the glycaemic index and fills you up for longer. Leftovers? Research proves that cooled pasta morphs into a resistant starch, which digestive enzymes can't easily break down, so fewer calories are absorbed. Now put all this to use...

BIGGER, STRONGER. PASTA: PLATE THESE FOR MAXIMUM GAINS



BULK-UP CHICKEN RAVIOLI

- An onion
- Garlic clove
- Chestnut mushrooms, 100g
- A chicken breast
- An egg
- Double cream, 30ml
- Butter, 4tbsp
- · Frozen peas, handful

Bella benefits A high-kcal combo of fats and proteins Fry the onion, garlic and mushrooms. Blend ¾ of the chicken with egg and ½ the cream. Stir it into onion mix, roll into small balls and stuff the pasta. Cook with the peas, drain, then add butter and the rest of the cream. Serve with nutmed. Grow.



SPAGHETTI THAT KICKS CANCER

- Olive oil, 3tbsp
- · Onion, finely sliced
- Garlic clove
- Sage leaves, 4, chopped
- · Courgette, 2, finely sliced
- Dried chilli flakes, pinch
- Plum tomatoes, 200g
- Spaghetti, 400g

Bella benefits Garlic, tomatoes, olive oil and chilli deliver a toxin-crushing payload, battling your disease risk Gently fry onion and garlic until soft. Add sage, courgette and chilli, cook for a few mins. Add diced tomatoes, turn up heat and cook until thick. Cook spaghetti al dente, add to sauce.



RACE-DAY VICTORY RIGATONI

- Garlic clove
- Rigatoni, 400g
- Tinned tomatoes, 2
- Ricotta salata
- Basil leaves, 8
- Olive oil, drizzle

Bella benefits The rigatoni's carbs plus anti-inflammatories in the herbs and veg equals a tasty post-race warm-down Gently fry the sliced garlic in a pan for 2min. Add tomatoes and cook until thickened, rip up the basil and stir in. Season. Add drained al dente rigatoni, toss well, and simmer for 2min. Drizzle with olive oil and generous gratings of ricotta salata.



TAGLIERINI TO QUASH DIABETES

- Small spring onion, sliced
- Prosciutto, sliced
- Unsalted butter, 50g • Frozen peas, handful
- Taglierini, 250g • Parmesan cheese

Bella benefits Onion controls blood sugar after carb-heavy dishes; calcium and protein in parmesan reduce type-2 risk Sweat the spring onion in the butter until soft, add peas and a splash of water. When peas are tender, add prosciutto. Cook taglierini until al dente, drain and toss with other ingredients. Cook on low heat for 2min, add parmesan, season, serve, smile.

BREAK THE MOULD

Rip or grate the right cheese on your dish to reap the rewards



RICOTTA SALATA

Made from whey, this is great for adding size post-workout. The salted and aged sheep or goat's milk has a crumbling feel, perfect for contributing texture and a briny undernote to tomato-based sauces.



MOZZARELLA

This super fromage has been linked to helping everything from gout to weightloss. That's partly due to its impressive array of vitamins but also its peerless fatto-protein ratio. No bull.



PARMESAN

When it comes to minerals, parmesan tops Serie A. Its calcium content is so high, a small serving is all you need to hit your RDA for bone health and a reduction in your odds of developing diabetes. Nothing sour about that.

MENSHEALTH.CO.UK MEN'S HEALTH 25

>PATCH UP YOUR OCULAR RIFTS

Your lifestyle is dimming the lights. Restore clarity with 13 sharp points that'll enhance your sight in a black

1/ DOWN A SHOT

Your mid-commute coffee is practically medicinal: studies by the American Academy of Ophthalmology show that caffeine counteracts dry eyes caused by air pollution. 'Decaf', as we all know, is just French for 'brown water'.

2/ TAKE A PADDLE

Ping pong wins. Analysis by the US Olympic Committee concluded that table tennis ranks second only to baseball for developing hand-eye coordination. Plan regular sessions for visual responses like Peter Parker on ProPlus.

3/ TURN ON BULBS

Don't spare the onions and garlic at dinner. They're rich in sulfur, cysteine and lecithin – a trio of nutritional window cleaners that work together to prevent the lens of your eye from becoming clouded. Eating bulbs is a bright idea.

4/ GO GREEN

Hands off the thermostat. As well as making your energy bill painful to look at, heating irritates your eyes. Can't take the cold? Buy a few house plants; they increase humidity, which benefits your peepers by reducing dryness.

5/ CLEAR THE AIR

Let your mates brave the pubgarden drizzle. Second-hand smoke damages the blood vessels that supply your eyes with oxygen, while living with a smoker can double your odds of eye disease, reports Cambridge University.

6/ BE A BIG PLAYER

Video games don't just make you better at distinguishing undead threat from unlucky passersby: a study in *PLOS One* found gamers' brains have thicker 'left frontal eye fields': the part that deals with focus and eye movement.

7/ GET MORE SPECS

If you while away your 9-5 in the digital domain, your IRL glasses aren't fit for purpose. Eyecare FAQ† recommends asking your optician about screen-specific specs. It'll cut eye strain and neck pain. And make you a wizard at Tetris.

8/ USE YOUR SCENTS

Add aftershave to your gym bag. The smell of jasmine increases beta waves in your brain, says neurologist Dr Alan Hirsch, improving visual awareness. Spray on Armani Eclat de Jasmin pre-squash game and you'll smell victory.

9/ GET THE YOLK

Rabbit fare isn't the smartest way to hit your RDA of eye-healthy nutrients. Carrots are high in lutein, but fall short on equally crucial zeaxanthin. Eggs, however, have a wealth of both. One a day is enough to literally see the benefits.

10/ CHECK THE BINS

Bargain shades damage your eyes as much as your cred. Look for 100% UVA and UVB protection with a 'CE' on the frame, says Eyecare FAQ. NB the UV-blocking coat is clear, so a dark lens won't increase its efficacy. Nor your mystique.

PHYSIO PUPIL

Tension around your eyes has a knock-on effect on your back muscles. Glance over neuro-kinesiologist Dax Moy's solution

UNDO THE DAMAGE

GAIN 20:20

NE Thi pov

NEAR AND FAR

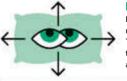
This trick releases extra power in your torso: relax your eyes, then alternate between focusing on a faroff object and a close one.

RESTORE SIGHT TO

SORE EYES AND KEEP YOUR SENSES SHARP

THUMBS UP

Ask a partner to hold their fist out, thumb up. Follow it with your eyes as they move it toward you then away again.



ROLL AROUND

In bed, move your eyes up, down and side to side. This cuts the tension that harms performance and causes pain, you see. JORDS: SCALETT WRENCH | THANKS TO @EYECAREFAQ, PART OF THE ASSOCIATION OF BRITISH DISPENSING OPTICIANS | PHOTOGRAPHY: ROWAN FEE | PROP DESIGN: LOU BLACKSHAW | ILLUSTRATIONS: ILCONIC AT SYNERGY ART





INTRODUCING A BETTER WAY TO GET VIRTUALLY EVERY HAIR



#FLEXBALL

A razor that responds to every contour of your face for maximum contact and gets virtually every hair.



10 SUPER-SEED **CARBS**







Pizza is a large source of calories. saturated fat and salt" Illinois Prevention Research Center

THE BEST FOOD YOU'RE NOT EATING

No, we haven't spelt quinoa wrong. This grain-like seed packs both the minerals and metabolic punch you need to hit your weightloss goals

BUILD IRON LUNGS With each serving dishing up 80% of your iron RDA, this seed will recharge any running regime. It'll raise your aerobic capacity, which means you can increase the miles to reduce your body fat.

MILK THE BENEFITS Kañiwa is also a rich source of calcium, which does more than strengthen your bones. The mineral supports your metabolism and higher levels will boost the amount of excess flab you can drop on a reduced-calorie diet.

AGAINST THE GRAIN With a third more protein and 3g more fibre per 100g compared to quinoa, it's time to up your health food game. By slowing digestion, you'll feel fuller for longer and save vourself from unwanted run-ins with the biscuit tin.

> FEEL THE AFTERBURN

Set your metabolism on autopilot for days after you've finished in the gym to enter a new EPOC of weightloss

mart fat burners take their training lying down. There's method to this madness, of course; with some smart science on your side, rest periods can burn as many calories as training sessions. Allow us to elaborate. A study published in the European Journal of Applied Physiology investigated the effects of a process called Excess Post-exercise Oxygen Consumption (EPOC), which can

keep your metabolic fires burning for 48 hours after you've dropped your last dumbbell. All you need to do is tailor your workout with afterburn in mind. And that means slow and steady no longer cuts it; you need to up the intensity, but in a highly specific way.

EPOC increases your body's oxygen intake to redress its deficit, balance your hormones, replenish fuel stores and repair cells - all of which requires extra energy and, you guessed it, burns through more calories. Beat up your body with a high-intensity session, then sit back and leave EPOC to clear up the mess while you're slumped on the sofa. Your body continues to use





SUPERSETS

Going from bench press to bent-over row without pause fires up your metabolic rate more than a longer workout with rest periods, found Syracuse University, NY. Shoot for 12 reps of each move to buy back 450kcal over 48hr.

AFTERBURN EARN McDonald's Large French Fries



Gunning for 20 x 1min intervals on the treadmill doubles your post-gym burn compared to jogging for the same amount of time, reports the European Journal of Applied Physiology That's close to 850kcal burned over 24hr.

AFTERBURN EARN **Burger King Ultimate** Bacon Cheeseburger



Split your cardio in two. A pedal-powered commute, 25min each way, boosts your afterburn compared to a lunch-hour run, found scientists at Northeastern Illinois University. You'll melt an extra 370kcal each day.

AFTERBURN EARN Two pints of lager. But no crisps. Sorry



MENSHEALTH.CO.UK



BURN FAT WITH MODEL BEHAVIOUR

Juggling a portfolio, concerts and a hectic social life, model Amy Dean has to fit in workouts around her schedule. If you like to play as hard as you work(out), you'd do well to follow her lead

love to party and go out for food and drinks. What of it? Being a model needn't mean depriving yourself of the good times. Let them roll – just be ready to come full-circle the next day. I know if I put the effort in at the gym, I can eat non-stop and burn it off. My day-to-day diet is usually healthy, so there's nothing wrong with the occasional cheat: junk food, a glass of red – or both.

The hard part is adapting it to my schedule. I keep my workouts simple if I'm pushed for time. You can't beat a carefully constructed programme that mixes running and free-weights. I aim for three sessions a week, but you shouldn't feel constricted by your fitness plan. Squeeze in what you can – a 20-minute run works wonders for mind and body when you're busy.

You'll never get the most out of a gym session if you're internally battling with the words, "I don't want to be here." I try to focus on the shot of endorphins it gives me. My workouts help me feel on form for the rest of the day, whether I'm modelling or in the studio.

The dancing I do with my girl band @chixxmusic provides an extra source of cardio. If you break a sweat, it's a workout – even if it doesn't feel like one. Plus if you're out all night partying then you're probably dancing anyway. There you are – completely justified.



USERNAME amyloudean89

FOLLOWERS

1039

OCCUPATION

Model/singer

SPECIALITY

Gym-free moves







WORK, REST & PLAY

Amy's quickfire bodyweight workout is designed to keep your heart thumping while stressing your abs and legs for definition. Use it when you don't have time to hit the gym - or when your hangover won't permit it



25 REPS EACH SIDE



for developing lean definition from the abs down. With your back straight, jump up, then drop into a lunge. Jump again and switch sides. That's one be crying by the second set.



O3 PLANK 3 SETS OF 60SEC

Your abs have had enough of a rest. Now it's time to put them back to work. Hold a rigid plank position for one minute in the centre, weight on your forearms. Turn to the right for a minute-long sideplank, then repeat on the left. That's three minutes in total for full core strengthening.



()4 SQUAT 2 SETS OF 15 REPS

I like getting low, both when dancing and in training. Two sets of squats and you'll understand why this move is peerless at burning calories while building strength and muscle in your lower body. Keep your backside pushed out when you drive back up, and when you drop down low. Consider this circuit an advance payment on your next night of indulgence.

HEAD TURNER MEETS HEART STOPPER

The new Lexus RC F



One of the most amazing high performance sports cars we've ever created. Naturally aspirated, hand built 5.0-litre V8 with 470 bhp. The next chapter in the Lexus F Story. Discover more at Lexus.co.uk

RCF AMAZING IN MOTION

RC F prices start from \$59995. Model shown is RC F \$60,620, including optional metallic paint at \$625.
The MPG figures quoted are sourced from official EU-regulated test results. They are provided for comparability purposes, and may not reflect actual driving experience.

RC F fuel consumption and CO_2 figures: urban 17.5 mpg (16.1 I/100km), extra-urban 36.2 mpg (7.8 I/100km), combined 26.2 mpg (10.8 I/100km), 251g/km CO_2 (35% BIK)



SURVIVAL OF THE KIT LIST

Technical clothing can boost performance, but the benefits fade. Extend your gym bag half-life and know when to throw in the towel (or tights and Ts)

YOUR GYM BAG M.O.T

YOUR GYM KIT

COMPRESSION TIGHTS

Like Emily Ratajkowski, these get your blood pumping, which in turn speeds up recovery. But over time, they stretch and the benefits are lost.

WATERPROOF JACKETS

An engineering marvel, these block out water while keeping you ventilated. Those vents close up, though, and cause you to overheat.

RUNNING SHOES

Trainers take a pounding. In time, this softens the resistance and opens you up to injury while adding minutes to your race times.

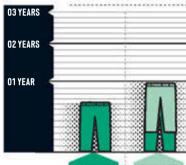
04

TECHNICAL T-SHIRTS

Wicking tops pull sweat away from you. But the technology doesn't last forever, causing chafing and unwelcome race-day discomfort.

SWIMMING TRUNKS

than Walt and Jesse,



EXTEND TO

LASTS FOR 2½ YEARS

EXTEND TO



EXTEND TO

You'll notice the breeze when the tech fails, as sweat stays and gets cold. Your machine is to blame - time to put a new spin on things.

With more chemicals most pools break-in your swimwear badly, leaving it shapeless. This creates PB-ruining water drag.



Compression kit should be too snug. If they get easy to slide on, or if fibres are loose, bin 'em. But smart maintenance can keep this at bay.

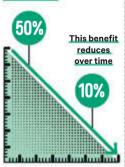
With the vents closed, you'll sweat up a storm on your run, which does not a good performance make. Fabric geniuses have your back, though. After you've covered too much ground, sling your kicks. When you buy your next pair, write the date on the heel. Then work out your mileage...

LASTS FOR

The first signs are faded spots, which eventually give way to stray white fibres that can slow you down. Streamlining can take you further, though.

EXTEND TO

New base layers cut muscle shakes in half



1AKE IT

Wash after every use to slow decline - oil and dirt compromise compression. Never machine-dry and avoid wringing. This lot are a sensitive bunch.



Clothing scientists activate the waterproof tech in heat. If you notice the layer giving out, tumble it on hot - this reactivates the surface in the same way.

Your shoes have run their course after the distance below, negating the cushioning, which auses iniuries



Avoid the machine. Wipe and store with padding to keep the shape of the shoe and add another 100 miles. On the road, midsole strike to protect them further.



After this many spins, your training tees are probably done - the moisture-wicking tech is no more

Go hard, or go home. The chemicals that are used in fabric softeners can deactivate the wicking, so make sure you use a natural wash liquid for these tees.

The potential time added to your 1000m PB if garment holes are slowing you



Rinse with water straight away, post-swim. Even ionised pools contain chemicals that interfere with fabrics, making your performance a damp squib.

VENGEANCE HITS HOME IN CINEMAS APRIL 3 BOOK YOUR TICKETS NOW WWW.FAST7TICKETS.CO.UK

EXPERIENCE IT IN IMAX





15 MIND YOUR MUSCLE

THE BEAN COUNTER





A top potion and tough workout can be a marriage made in heaven. Before you commit, be sure you've found 'the one'



L-CARNITINE

Dosing up before you hit the gym will boost strength and reduce lactate buildup, says the International Society of Sports Nutrition. You can go heavier and squeeze out even more reps.

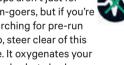


VITAMINS C & E

These antioxidants have had mixed reviews of late, but a new study by the Canadian Uni of Sherbrooke shows they enhance your gains from resistance training. Worth another pop.



Supps aren't just for gym-goers, but if you're searching for pre-run pep, steer clear of this one. It oxygenates your muscles but also lowers blood pressure - risky among the aerobic elite.



DMBA / AMP-CITRATE



Slowly creeping into pre-workout pills, this is the legal high of the supp world. Similar to the amphetamine-like DMAA, it could play havoc with your heart, Harvard profs warn.



YOUR MENTAL STEROID Meditating immediately after a workout boosts your levels of human growth hormone and testosterone

FIVE PILLS FOR A LONGER LIFE

Make an HRH telegram more likely with this supplementary cocktail. Salt-rimmed glasses not included





ENERGY

the dying of the light.

For a day-long caffeine iolt, minus the jitters, use this formula from Nasa engineer Mark Rober. You need 400mg, and we've worked out the servings for you. Bottoms up



SOURCE OF POWER		CAFFEINE PER SERVE	YOUR IDEAL Dosage
	BREWED COFFEE	330mg	1.2
MONSTER	CAN OF Monster	160mg	2.5
Oca Cola	DIET COKE	43mg	9.3 ************************************
NESCAFÉ.	INSTANT COFFEE	63mg	6.3
Red Bull	RED BULL	80mg	
TWININGS	BLACK Tea	47mg	8.5
	CAFFE LATTE	150mg	2.7

>FATTEN UP TO BURN BLUBBER

Roll with this year's phattest fitness trend to shed calories fast and leave perilous terrain in your wake

hen it comes to gunning for an extreme-athlete's physique, it pays to be a wide boy. Fat bikes are the phenomenon taking the UK adrenaline circuit by storm, and you'd do well to saddle up. With tires nearly double the width of those on mountain bikes, 'fatties' allow you to not only tackle snowy, icy tracks, extending the cycling season into winter, but also float over terrain that would be an impasse to your usual trusty steed. This means you can exert yourself in ways otherwise impossible - torching calories (an epic 1500kcal per hour) and developing the kind of fitness regular mountain bikers can only dream of. "They're the monster trucks of cycling," says Darin Binion, co-owner of Twenty2 Cycles. "They're the ultimate vehicles for year-round riding.' So there's never an excuse to fall off the fat-wheeled wagon and slow your fitness progress. The fact that you can train in the kind of terrain Tolkien dreamt up is a nice bonus too. Here's your guide to rolling with the big boys...

TREND SWEATING FAT WHEEL BIKES

REVISED INFLATION RATES

Normal tires require 20 psi, but fatties go as low as 2.5. "Between 4 and 5 gives you get the perfect mix of traction and flotation," says Olympic mountain biker Travis Brown.



<u>01__</u>

BUY HOT WHEELS

There's more to securing your new bike than just asking for extra fat. You need to consider the metrics, lest you run out of gas too early or end up with a bike too weak to keep up. First, some heavy engineering: "Tire weight drastically affects handling," says fat-bike champ Ned Overend. "The Fatboy Expert is the lightest for its size, making this model the best in the fat bike class." Then there's durability. With the Fatboy, the frame is robust, while butted tubes maximize strength and minimize weight so you can stay safe but still train for long enough to melt those damn calories. Specialized Fatboy Expert £2000 specialized.co.uk

SPIKE BLUBBER WITH SPOKES

Remember that epic 1500-calorie burn? Fat loss takes place when your heart rate is around 70% of your max; you'll struggle to keep it lower than that for more than 2min on these bikes. Consider it burning rubber with no respect for your spare tyre.

BUNNY-HOP THE GRIM REAPER

Riding uphill is hard, not least on your cardiovascular system. But this doesn't just turn you into a demon on father-son sports days. A study by Swedish scientists found that mountain bikers live around five years longer than mere mortals.

TAKE HILLS LIKE A HEAVYWEIGHT

So, about those hills... climbing them on a bike demands action from your quads, calves, hamstrings, glutes, abs and arms. The more challenging the ride, the more likely you are to be walking like you've just done a full-body workout with Arnie.

MEN'S HEALTH 37



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FRENCH CONNECTION eofas exclusively at $\mathrm{dfs}^{lacktree}$

Beautifully designed and expertly created for relaxed modern living, this unique collection of sofas perfectly capture French Connection's distinctively understated style. Handmade from only the best materials and most beautiful fabrics, you can choose from five effortlessly stylish designs at selected DFS stores or online at dfs.co.uk/frenchconnection

0%

Boisters and cushions included. No deposit with 4 years interest free credit, 48 equal monthly payments of £18.72. Or pay nothing until January 2016, then 36 equal monthly payments of £24.97. 0% APR. Total £899. Credit subject to acceptance. Credit is provided by external finance companies as determined by DFS. 4 years interest free credit from date of order. See instone or online for details. Delivery charges apply, 10 year guarantee applies to frames and frame springs on all soles, chairs and footstools. DFS is a division of DFS Tracing Ltd. Registered in England and Wales. No. 01739990. Realthough physical physica

NORDS:

CHEAT DAY MANIFESTO







TRAIN DIRTY SO YOU CAN EAT DIRTIER

You can gorge on garbage without succumbing to a one-pack, as long as you're willing to work. Here's how to out-train gluttony

raining truisms tend to lean, like an unbalanced barbell, firmly toward the kitchen. As the bodybuilding Übermensch Vince Gironda had it. physique sculpting is 80% diet. And as the cobblestone-cored guy who interrupts your 16th set of crunches will tell you: "Six-packs are made in the kitchen, bro."

As ever, the reality is a little more nuanced. If you're the kind of guy who envies the abs of Christian Bale's Machinist, then heed the previous advice 1. But the only muscles you'll build by skipping the gym and eating cleaner than Howard Hughes' bedroom are

in your jaw. To induce growth where you actually want it, you need to train hard.

Of course, you don't need us to tell you that. What we can tell you, though, is that hard training can make calorie counting redundant. The truth is you can still enjoy the junk as long as you offset it by supersizing each burger with a large side of squats. The key is timing. If you're not going to stick to the muscle-building trifecta of grilled chicken, broccoli and sweet potato (and we appreciate that it can get a touch, well, samey), then you need to watch the clock.

Your body has a few places to stow away what you feed it. Such as your liver, under your skin and in your muscles. The first two are bad. The third is why we tell you to guzzle a high-protein, high-carb shake after your workout. That's because exercise spikes the levels of two key proteins in your muscles: GLUT4 2 and IGF1 3. And this pair of substances ensures what you eat is devoured by your quads, biceps and abs, rather than diverted to your love handles.

This mechanism is your body's way of using the nutrients you feed it to get energy where it's needed now, instead of storing it for later. A full workout is your best way to an IGF boost, but as little as 90 seconds of



THIS MONTH'S DEVIL'S ADVOCATE Top dog at Evolution of Man fitness,

to riot response officers. Listen up.

intense bodyweight exercise stimulates enough GLUT4 to turn some junk into muscle fuel. 4 It's probably better to nip to the toilet cubicle for some quick bodyweight work after ordering, however, rather than banging out press-ups on the floor of Chipotle.

Of course, the laws of thermodynamics still apply. If your lunch staple becomes loaded tortilla chips with a large cola, you'll gain weight. But if you lift like you want to introduce that Mexican food to your gym bin,

"You can enjoy the junk if you offset each burger with a side of squats. Timing is the key"

you can gorge on serious chow and still get a shirt-filling body – in the right way.

Granted, it's easier (and much healthier) to fashion your dream physique by eating clean. But if it's the thought of a dull diet that's delaying your body transformation, know that by working harder and smarter than everyone else, you can have your beefcake and eat it. So get in the power rack - even if you make a pit-stop at McDonald's afterwards.

YOUR DEALS WITH THE DEVIL



SLIM PICKINGS

An analysis* found that while caloriecutting alone did shift weight, only ¾ was fat loss. The rest was muscle tissue. The fat-to-muscle ratio barely changed.



2 FIT FOR CONSUMPTION

Exercise boosts GLUT4 production, which increases insulin transport. and thus glucose metabolism. Levels dropped after a week without training.



PUMP IT UP

Slinging metal is best for an IGF1 hit. Participants in a study who performed leg extensions at 40% effort had a 28% surge compared with non-exercisers.



4 GLUT INSTINCTS

Mice bred with reduced GLUT4 suffered low muscle glucose uptake, inducing hypertension and diabetes, as their blood sugar couldn't process properly.

MENSHEALTH.CO.UK

HOW TO SURVIVE LONDON FASHION WEEK IN STYLE

Dry January? When London Collections: Men comes around there's no such thing. Luckily, Men's Health was there to see revellers through

o celebrate the latest round of catwalk shows in the capital, *Men's Health* teamed up with designer Christopher Raeburn to throw our regular party, this time at the storied Sanderson hotel. Guests knocked back Lavazza espresso martinis (talk about a pick-me-up), Berkeley Square gin and Fever-Tree tonics, and Affligem beers of varying strengths, some as punchy as 9% – ouch. Good job we included Fiji water – and more Lavazza – in our survival packs (*right*).

















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SURVIVE IN





PACKING IT ALL IN

With an extra day added to the schedule, this season's London Collections: Men was even more of an ordeal than usual (it's a tough job etc). Thankfully, MH provided a Survival Pack every morning, designed by Christopher Raeburn and filled with a selection of products (right) plus instructions on how to use them in our Survivalist handouts, which also included a show schedule and a map. We think of everything.

WHAT'S IN THE BAG?

• Murdock

gift set

Crew

• Geo F

• Kent

comb

• Bumble

haircare

• American

shampoo

Trumper

moustache

and Bumble

• Scaramouche

shower gel

Beef Jerky

Collagen

• M&S Percy

• Gold

Pigs

Men's Health

gift set

• Fiji water Lavazza coffee Popchips crisps Urban Fruit • Kleenex tissues Dove shave cream • Ark Skincare • Nuxe Survival Kit Jack Black lip balm Ruffians haircare • Molton Brown shower gel Technogym stress ball

WHAT'S BEHIND THE BAR: BERKELEY SQUARE GIN AND FEVER-TREE TONICS, AFFLIGEM AND LAVAZZA





DJ LOZ CURRAN







LONDON BERKELEY SQUARE GIN

STREET SMARTS

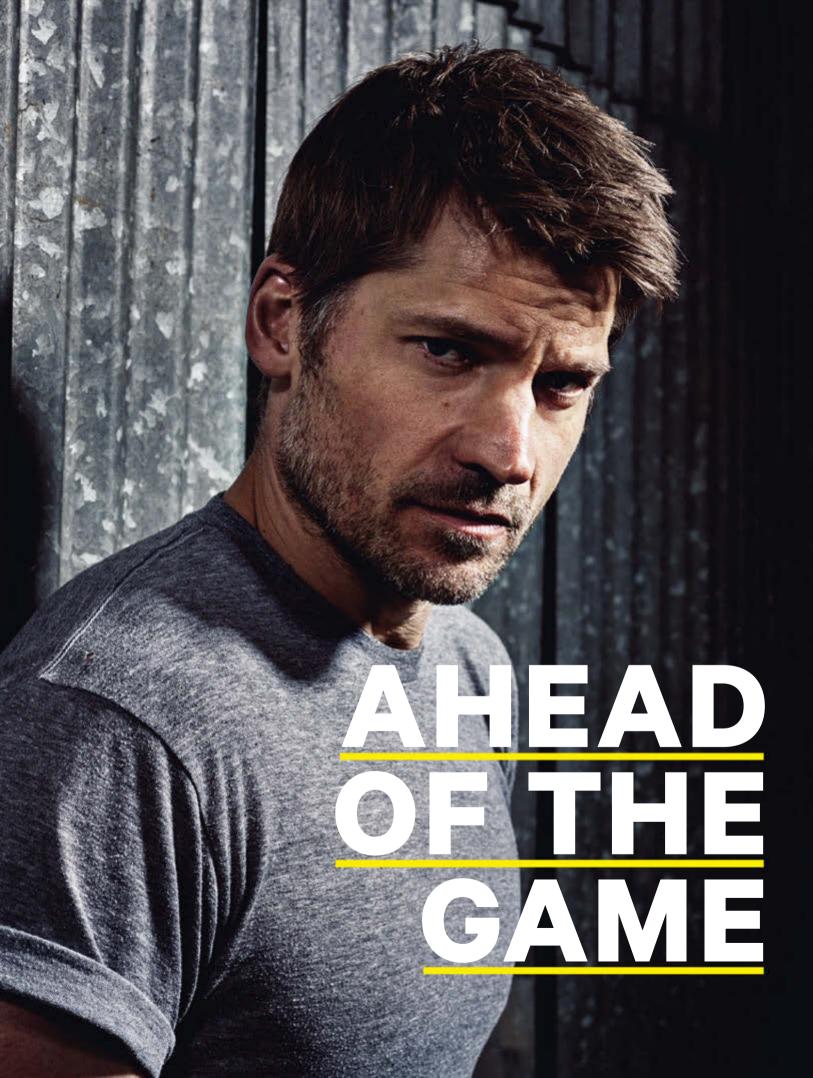
Clad by MH senior style editor Eric Down in Christopher Raeburn bombers, Levi's 501 CT jeans and Dr Martens boots, the models giving out Survival Packs outside the first fashion show of each day were as well-dressed as the people picking them up. And thanks to Mercedes-Benz, they - and the MH team - were able to travel in style too. (Shout-out to our driver Steve, who somehow managed to get us to every show on time despite the gridlock that is London traffic. A true professional.)













COVER MODEL MUSCLE NIKOLAJ COSTER-WALDAU



you've been living under Casterly Rock for the last four years, you will be aware that Tuesday-morning conversation is about to get far more fantastical. In a few weeks' time, the fifth series of HBO's *Game of Thrones* will begin, not as the "best thing since *The Wire*" or the "biggest thing since *The Sopranos*" but as the most successful small-screen production, ever.

The fourth season averaged 18.4 million viewers per episode (Tony and familia peaked at 18.2) and cost in the region of \$6million for every hour of murder, magic and decapitations. It is the most-pirated show in the world and Obama's favourite. On-demand television is the new battleground of quality drama, and *Game of Thrones* is winning the war.

Even so, Nikolaj Coster-Waldau is keeping his head down. As far as he's concerned, it's not his fight. As Jaime Lannister, he started out as the arrogant swordsman who announced himself in the very first episode by defenestrating a seven-year-old boy. By the end of season four he has become the most unlikely of antiheroes, his character arc following the upward curve of the show's growth into an international giant.

MH met the 44-year-old Dane in East London, before he flew to Spain for more filming. In front of our camera he is all wiry energy and strength, spinning on the rings and pull-up bars, engaging everyone who passes. But in the quieter moments, between coffees and cigarettes, he is calm and unswervingly considered.

"I think the danger for any actor in a successful show is that you can feel really important. You think, 'My God! People are chasing me around town in Seville.' But you have to remind yourself that it's the show that's big and successful.

"We have these bus tours around the locations in Belfast now. The trailer was

parked next to a golf course and they caught some Norwegians hiding in the dunes. I don't know what they were trying to do other than just get behind the scenes. But as soon as they saw me, they whipped out the books and the cameras. Again, that's the show. When I go home

and get away from all of it, I don't have that craziness."

YOU WIN OR YOU DIE

Home for Coster-Waldau is just north of Copenhagen, where he lives with his wife, two daughters and a couple of dogs. It's as far from LA as one can imagine without heading to Westeros but it hasn't stopped him from making his mark on Hollywood. An audition tape recorded in his attic landed him a small part in Ridley Scott's 2001 war film Black Hawk Down, with another role in the same director's crusade epic, Kingdom of Heaven, in 2005.

Since Game of Thrones
thrust him sharply to the fore,
he has starred opposite Tom
Cruise in Oblivion and played
the love interest of Cameron
Diaz and Kate Upton in last
year's rom-com The Other
Woman, a day job that he
describes drily as "not hard at
all". Coster-Waldau credits his
country for keeping him grounded.

"There is a Danish saying which translates as 'Don't fly higher than your ears will carry you.' It means you shouldn't think you're any better than anyone else. We are all the same and shouldn't be treated any different. It might seem like it would make it hard to stand out or be an individual, but you can navigate through that and still push yourself forward."

Away from *Game of Thrones*, he insists on working out with a good friend so he can compete over every rep and each incremental increase in weight. When he's back on duty in Jaime's armour, he can't help but measure himself against the men alongside him.

"Jason [Momoa], who played Khal Drogo, knows how to fight and how to use his body. But The Mountain [played by Hafþór Björnsson] is an Icelandic



GOT SEASON ONE
YELLOW AND LONG
OF HAIR, JAIME
IS THE SNEERING
ANTITHESIS OF
NOBLE NED STARK



GOT SEASON TWO
AFTER A YEAR
AS A P.O.W. HE'S
SET FREE AND
ON HIS PATH
TO REDEMPTION



<u>GAIN OF THRONES</u>

Coster-Waldau and his PT Jesper Mouritzen mix big lifts with mobility moves using the 5-3-1 system. Start with 75% of your max weight for 5 reps; rest; do 3 reps with 80%; rest again; then do 1 rep at 90% max. Perform his two sessions (here and overleaf) for a month to see mountainous results

SESSION 01 - THE IRON PRICE



DEADLIFT
3 SETS OF 5, 3 & 1 REPS
Grasp the bar with an overhand grip (A). Arms straight, extend your hips and knees to stand (B). Lower very slowly.



600D MORNING 5 SETS OF 12 REPS With the barbell on your back (A), bend at the hips until your chest is parallel to the floor (B). Keep your back straight.



HANGING LEG RAISE 5 SETS OF 15 REPS Hang from the bar with knees and feet together (A). Lift your thighs to your chest (B), pause and release back down.

strongman who won the European contest last year. He's properly strong, not pumpit-up-in-the-gym strong. His arms are bigger than my thighs. He's the real deal."

In the flesh, it's clear Coster-Waldau does not fill the mould of the Hollywood action man. At 6ft 2in, he's lean and rangy rather than a tank who's stepped out of the weights room and straight into superhero spandex. But his leaner frame belies genuine fitness, the sort that makes pull-ups no problem and renders cardio redundant. If you're slim and want to work on your strength, his approach to training is a lesson in building functional muscle for life, not just for the moment.

"Over the next few months, I'm going to start bulking up, so I'm concentrating on the fundamentals – heavy deadlifts, heavy squats," he says. "But as I've grown older, I spend more time on mobility. When you're 20, your body has the ability to bounce back. These days I have a lot of different massage balls I use to loosen up. But I feel stronger now than I ever have."







While punishing yourself physically is now part and parcel of an action film career (see Chris Pratt in *Guardians of the Galaxy*, Henry Cavill in *Man of Steel* and Christian Bale in general), Coster-Waldau prefers a less agonising approach. Like other older leading men, Hugh Jackman and Will Smith to name two, he chooses to swap the yo-yo for the longer game.

"I'm very lucky in that people will pay me for doing what I love to do. But the thing about getting fit is that it takes time," he says. "I've done it before, I got in really good shape and then finished the job, relaxed and didn't do anything for far too long. The road back is too painful.

"Now I never let go completely and I stay above a certain point, even if I'm not working toward something. I guess you could say I'm looking at it professionally. But to be honest, as I'm getting older, I just feel better being fit."

Coster-Waldau's laid-back constancy encircles all spheres of his day-to-day, including his vices. Unfazed by junk food ("If you hear a star say, 'Oh yeah, I always go to McDonald's' they're lying") or alcohol ("I can enjoy wine but I've been insulated from alcohol by my family experiences – drinking too much is not a good thing"), he is happier in his state of rational equilibrium. When it comes to his diet, though, he admits that he has seen the value of being extreme – an awful lot of protein, all day, every day.

"You read about how much protein certain people eat and hear people talk about it in the gym. But it's not until you experience the results that you really understand," he says. "I've always exercised hard and thought I ate healthily, so I assumed muscle would come. But if you want to bulk up, trust me, you do really need to eat a shitload of protein."

For him, that constitutes five eggs for breakfast with some vegetables and salmon, a protein shake a couple of hours later, then a lunch of two skinless chicken breasts with some more vegetables and another shake. Dinner is a few extra carbs with yet more protein for good measure.

"It's the constant eating which I find exhausting," he says. "But I know actors who go on even more full-on diets, like Jason, for example. He's very advanced in that whole bulking-up thing and will almost always carry a chicken breast on his body. You can always find it in a pocket there. Somewhere, there is chicken."

FIGHT TO THE DEATH

Next time you see Coster-Waldau on the big screen, he will be opposite Gerard Butler in the fantasy epic *Gods of Egypt*, due in 2016. He is slyly reserved on the subject of his co-star, whom he describes



GOT SEASON THREE PHYSICAL 'LOSS' AND AN UNLIKELY FRIENDSHIP PUT A POSITIVE SPIN ON JAIME'S PAST



GOT SEASON FOUR
SAFE BACK WITH
HIS KIN BUT THE
CHANGED MAN HAS
A HAND IN THE
SHOCKING FINALE

as "a man of the world who has had a lot fun," but says that they never went to the gym together ("I'd crush him"). He is happy to tackle a more serious matter, however – who would win in a fight between Jaime Lannister and 300's Leonidas:

"Jaime would have a chance. Gerard's character was a Greek hero and you don't mess with them but Jaime would be able to suss out the situation, I hope. I think he would just call the Mountain. I'll call the Mountain. That would be a nice twist."

Nice twists are what *Game of Thrones* lives and dies by. All spoilers aside, you know that seemingly pivotal characters lose their heads, choke to death or find a crossbow bolt lodged in their gut without warning. Jaime's development has made him the most pivotal character to the overarching storyline and it is the setbacks he has suffered that Coster-Waldau credits for making him such an interesting character to play and to watch.

"Jaime's 'oh shit' moment was great," he says. "He's always been known as the kingslayer for his abilities as a solider, as a fighter. Once he lost that, he had to find the core of who he really is as a person. I thought it was brilliant.

"This is a guy who has repeatedly tried to do the right thing, only for it to turn out to be terribly wrong. It happens again at the end of season four and now the Lannisters are in a very weak position. The balance of power has totally shifted."

Season five will undoubtedly bolster the show's position as the most powerful force in television. With more novels still due from author George RR Martin, its reign over popular culture looks set to be a long one.

"I think the show will finish before the last book comes out," he says. "You spend so much time comparing the show to the books and then suddenly, it's going to be the other way around at the end."

Whether Jaime will keep his head on his shoulders until then is up in the air. Whatever happens, you can be sure that Nikolaj Coster-Waldau will have his feet planted firmly on the ground.

Game of Thrones S5 starts 9pm, Monday 13 April on Sky Atlantic, available exclusively to Sky TV customers and contract free via NOW TV





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Fuel consumption in MPG (I/100km) for New Generation i20 range: Urban 30.7 (9.2) – 80.7 (3.5), Extra to be used as a guide for comparative purposes and may not reflect all driving results. Model manual. 5 Year Unlimited Mileage Warranty terms and exclusions apply. Visit www.hyundal.co.uk/owning or ask your local dealer.









o matter how diligent a drinker you are, there are still benefits to be had from trading up your misshapen mineral water for a refillable sports bottle. Because it's not just what's inside that counts – unlike many plastic-packaged brands, the latest sports bottles are free from BPA. This industrial chemical seeps into the water and has been linked to hormone imbalances and even cancer.

To help you sidestep the risk, MH compiled the best BPA-free bottles and sent them for testing at the University of Nottingham's Environmental **Technology Centre**. They determined whether the bottles were tough enough to keep up with your training (via a 1m drop test), maintained their shape under pressure, kept the water cool, and filtered it effectively (measured with a chlorine photometer).

Review their results to find your best match and you'll never be left high and dry in training.

01\

MULTI-PURPOSE

BRITA FILL&GO

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FROM DESK TO DUMBBELLS

Our winner filters water efficiently, has a secure lid so you can pop it in the same bag as your iPad without fretting, looks smart on your desk and comes in at just a tenner. It's not the easiest to handle mid-cardio, but that's a mere drop in the ocean compared to its plus-points.

OUR EXPERTS SAY

■ The lid may be sturdy, but it's not hard to open. Of all models tested, this ranked highest for ease of drinking and cleaning. It filtered out chlorine brilliantly, kept the water cool and held up in the drop test.

02

STEADY FLOW

7/10

NALGENE ON THE FLY

£12 STORE.NALGENE.COM SHAKE OFF WATER DAMAGE

A larger spout makes drinking easy, whether you are indeed "on the fly" or just in between sets. The wide neck reduces fumbling at the water fountain and a push button opens and closes the lid, so there's less chance of wearing your water, rather than drinking it.

OUR EXPERTS SAY

■ The leak-proof lock is smart, but it doesn't feel instantly intuitive. Measure marks on the side are handy for tracking your intake, and it's dishwasher-proof too, so more convenient to keep clean.

THE LAB STATS

9/10

- Comfortable
- Durable
- Nice design ■ Good value

THE LAB STATS Comfortable

- Comfortable
 Durable
- Nice design
- Good value

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HANKS TO THE UNIVERSITY TEST CENTRE NOTTINGHAM.AC.UK/ETC

TAKE OUR BOTTLES FOR A SPIN AND BLOW RIVALS OUT OF THE WATER 6/10

BOBBLE SPORT BOTTLE

£9 WATERBOBBLE.COM

FILTERED TO THE BRIM

For under £10 you get a lightweight bottle with a filter that removes the chlorine from tap water. It's ergonomically shaped for better grip so you'll struggle to drop it - which is handy as it's flimsier than most. Email reminders telling you when to change the filter keep you clean.

..........

OUR EXPERTS SAY

Pro: it felt light even when full. Con: it didn't fare well when dropped, so is better suited to indoor training than to pavement pounding. Each filter lasts two months, keeping things simple.

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THE LAB STATS

- Comfortable
- Durable
- Nice design
- Good value

SOLID INVESTMENT

8/10

TESTED BY EXPERTS

KLEAN KANTEEN ORIGINAL CLASSIC

£16 KLEANKANTEEN.COM

KEEP YOURS COOL

This stainless-steel model is ideal for weekend warriors, easily hooking to a belt or harness. The wide neck means you can upgrade your water with fruit or ice, and the material will keep its cool longer than you do. It's not cheap, but it delivers.

OUR EXPERTS SAY

■The steel is durable, though the extra weight means it can feel fuller than it really is, which might catch you out on longer trips. This was far and away the top performer in our temperature test.

THE LAB STATS

- ■Comfortable
- Durable
- Nice design
- Good value

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SPACE-SAVER

6.5/10

SCORE

6.5/10

ULTIMATE DIRECTION BODY BOTTLE

£14 ULTRAMARATHONRUNNINGSTORE.COM

THE LAB

DRINK WITHOUT SPILLAGE

■It looks like a Capri-Sun, but don't be fooled: a decent 420ml capacity makes it ideal for Sunday treks. Once it's empty, you can roll it up into your rucksack and forget about it. You bite the lid to release the water, so it's fairly leak-proof too.

OUR EXPERTS SAY

■The small mouthpiece might get on your nerves when parched, but this stood up surprisingly well in pressure tests. It's stronger than it looks and bounced back to shape quickly.

THELARSTATS

- Comfortable
- **■** Durable
- Nice design
- Good value



THREE WAYS TO UPGRADE YOUR H₂O



MORNING KICK Get your day off to

- a fresher start Cucumber slices
- Mint leaves
- Fresh lemon juice

Squeeze a little extra vit C into your diet for immunity. Adding mint aids digestion and cucumber helps



POST-RUN FIX Rehydrate faster with electrolytes

 Cornish sea salt (£1.65 for 225a sainsburys.co.uk)



4PM FAT LOSS Combat post-lunch sugar cravings

- Pink grapefruit Strawberries
- key enzymes and flavonoids that help







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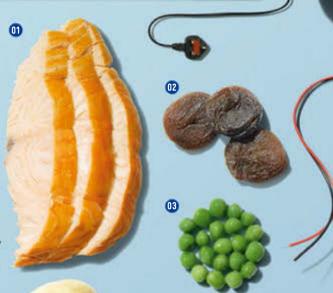




OPERATING AT FULL CAPACITY EVERY DAY CAN FRY YOUR CIRCUIT BOARDS. THESE 10 TOP FUEL SOURCES WILL LENGTHEN YOUR BATTERY LIFE

ven if you kickstart each morning with meditation, HIIT and the purest of intentions, you won't make it to the finish line unless you're properly fuelled. The afternoon crash hits without warning, leaving you crumpled over your desk. But if napping isn't a professional possibility, a nutritional upgrade will jolt you out of your stupor.

We tasked our culinary alchemist Florence Knight with designing two recipes from 10 ingredients that are seemingly incongruous but teaming with revitalising nutrients. Use these power dishes to drip-feed your body with energy, without causing a calorie overload.



01/Salmon

Its fatty acids provide slow-burning energy and soothe sore muscles. You'll power through your workout.

02/ Apricots

This nutrient bomb has a payload of vits A, C and potassium. The sugar will pep you up when flagging.

03/ Peas

The low-calorie Sunday-roast side dishes up B vitamins and zinc to stave off energy-sapping colds.

04/ New potatoes

Keep the skins on for extra fibre and your body will digest these carbs slowly, supplying fuel on tap.

05/ Fias

Pop them in your gym bag for a fast hit of fructose, plus fatigue-killing iron for when you're pumping it.

06/ Plain yoghurt

it's a solid source of magnesium, which ensures a decent night's sleep. You'll wake up raring to go.

07/ Green tea

Sure, caffeine helps, but the real magic is in the way it hacks your fat stores to increase endurance.

08/ Almonds

Secure your daily hit of riboflavin (vit B2), which converts the carbs you eat into energy you can use.

09/ Apples

10

This juicy mix of vitamins, fibre and fructose will sate your sweet tooth while stabilising your blood sugar.

10 / Asparagus

Chew on a few spears to score the B vits your body craves in a tastier form than any powders or pills.



06



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THE PERFECT 10 THE LAB

BUZZ FEEDER ORCHARD FRUITS & GREEN TEA SYRUP

METHOD

This sweet snack restocks your energy reserves post-exercise. Dig in after a sweaty session to get back on form faster. Prep it a day in advance

A/ First, the stamina-building syrup: bring a pan of water to the boil with the honey, zest, juice and spices. Add your tea bags. B/ After two minutes, remove from the heat and cour into a bowl with the fruit. "Leave it in a cool room for 24 hours," says Knight. "The flavour develops over time." C/ Once the fruit has soaked, toast the almonds on a tray: four minutes at 150°C should give them a nice, golden hue. D/ Finish off your dish by serving the juicy fruits with a topping of yoghurt for minerals - plus the almonds for a final dose of blood sugar-levelling fibre.

SERVES FOUR Water, 2 cups

• Honey, 1tbsp Lemon, ½, zest and iuice Orange, ½, zest and juice Cinnamon stick Vanilla pod A star anise Green tea, 2 bags Semi-dried apricots, agen prunes, figs and apple rings, 125g of each Almonds. 80g, flaked Plain yoghurt, dollop per bowl



£1.95 PER HEAD

480 CALORIES MINUTES

ADD WATTAGE TO YOUR **DISHES TO MAKE YOUR** DAY MORE FRUITFUL





NAME FLORENCE KNIGHT **PROFESSION** CHEF & AUTHOR Knight is head chef at Polpetto and author of One: A Cook and Her Cupboard. Every month, she shows you how to turn kitchen staples into five-star fuel.

02

MAINS POWER HOT SMOKED SALMON & SPUD SALAD

SERVES FOUR

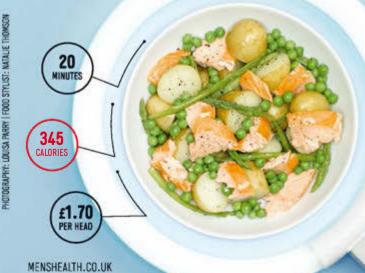
Potatoes, ideally jersey royals, washed, 500g Butter, 50g Fresh mint, 4 sprigs, torn Asparagus, bunch Peas, 125g, podded weight Hot smoked salmon fillets pre-cooked, skin removed, 4 Lemon juice, 1tbsp Salt and black pepper, to taste

05

Swap feeble supermarket ready meals for this Tupperware-friendly fish dish. It will sustain you through the afternoon, with no slumps or emergency espresso stops

A/ Pop the new potatoes in a pan of cold water with butter, mint and salt, "It removes bitterness and adds flavour," says Knight. Bring to the boil; simmer for 10 minutes. B/ Bend the tough ends of the asparagus until they break off. Then use a veg peeler to slice each spear from tip to base. Blanch the asparagus and boil the peas: "Don't add salt - it toughens them up," says Knight. C/ Finally, flake the fillets, which is the technical term for 'using a fork to break the salmon into chunks'. When the potatoes are cool to the touch, halve them. Gently toss everything together and season with plenty of cracked black pepper and a squeeze of lemon. Plate up a portion and tub the rest. You can face tomorrow on full-charge. O







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ACCIDENTS DO HAPPEN, AND MOSTLY TO MEN. **IMPROVE YOUR ODDS WITH OUR CRASH COURSE IN** RISK ASSESSMENT

vervone knows someone accident prone, and that person is invariably male. I once worked with a designer who, in the space of 12 months, fractured his patella skateboarding; contracted blood poisoning from kicking a chip paper with something sharp inside; and (my personal favourite) had a pigeon fly into his open mouth while on a rollercoaster.

Sadly, I've not seen him for a few years, so I have to make do with an acquaintance who regularly breaks bones playing football, can turn washing-up wine glasses into a scene from Carrie, and once swallowed 50p at a stag do (the initial trauma was nothing compared to the wait for the angular coin to conclude its painful odyssey through his alimentary canal).

However, he has never topped the time when he cycled to a meeting. As it



MH's Mike Shallcross on the threats to health and how to cheat them

RANKING Eighth leading cause of death in men

NAME ACCIDENTS

THE MH PRESCRIPTION Know your limits and your propensity for risk

was raining, he borrowed his boss's £150 umbrella without asking. It found its way into the spokes, the bike went to the scrapvard, and he was sent to A&E. He then returned to the doghouse to hand a mangled shaft and shredded carapace to his puce-cheeked manager. The road of excess had led to the palace of (Norman) Wisdom.

Sigmund Freud wrote that there's no such thing as an accident, that we

unconsciously desire to punish ourselves. And it's hard to attribute all biking rainman's mishaps to deus ex machina. Like Philip Larkin's apple core falling shy of the bin, the outcome seemed predestined the moment he picked up the brolly.

Sadly, it doesn't take much to turn a pratfall into a tragedy. Almost four times as many men as women under the age of 44 will die in car crashes. drown, suffocate or fall victim to some other misfortune. I could cluster-bomb you with stats, but I'll confine myself to one you'll definitely know: the

"It seems that risk-taking behaviour is hardwired in men – a sort of Y-not chromosome, if you will" discrepancy between your car insurance bill and your fairer half's. Bullitt is pauperised by Sheilas' Wheels.

of fatal road

accidents involve

drivers aged 17-24

(7% of licence

holders)

And it isn't just tear-arsing away from the lights as if you're on pole at Monza. Think of the nights out that ended with a skinny-dipping or scaffolding-scaling dare; the batteries yanked out of oversensitive smoke alarms and then forgotten about; the drilling into AC-wired walls, eschewing the use of a cable detector with the blind faith of a young Jedi. Your other half doesn't do any of that nonsense.

"Eighty per cent of accidents are preventable, mainly by thinking ahead, avoiding situations that are likely to harm you or adjusting

WHEEL OF MISFORTUNE: **EQUATING SKILL WITH** SPEED CAN BE A FATAL FRROR ON THE ROAD



MENSHEALTH.CO.UK



Fuel consumption figures for Flat 500 range in mpg (V100km); Urban 49.6 (5.7) – 64.2 (4.4); Extra Urban 65.7 (4.3) – 91.1 (3.1); Combined 58.9 (4.8) – 76.3 (3.7). CO₂ emissions 113 – 90 g/km. Fuel consumption and CO₂ figures based on standard EU tests for compensative purposes and may not reflect read driving results. Financial services subject to status, Guarantees may be required. Flat Financial Services PO BOX 4485, Slough, SL1 0FW. The servicing plan includes three annual services, subtorised service stamps and any product or software update. This plan includes all the parts, labour and fluids required to perform the service schedule created for your car. *Fixed price telematics insurance from Carrot Insurance subject to status. Underwritten by Zurich Insurance plc. Promotion available for customers aged 18 to 30, on new Flat 500 1.2 models. The package consists of two separate Flat Financial Services agreements. The first agreement is a Flat i-Deal PCP agreement with the servicing plan included; this is a three year agreement. The second agreement is a personal loan for the insurance; this is a one year agreement which will be renewed annually for 3 years, subject to status. Terms and conditions apply. Go to www.flat500withinsurance.co.uk for full details.

of those who

die from accidents

under the age

of 44 are

men

your behaviour to minimise risk," says Tom Mullarkey, chief executive of the Royal Society for the Prevention of Accidents (RoSPA). "The other 20% are also preventable but take a bit more effort. In the workplace, for example, the number of people who die of accidents has reduced to an all-time-low because these principles work well."

So which men are most at risk? Unsurprisingly, guys in their early twenties feature highly, particularly in traffic accidents. "There is good evidence that their spatial and risk awareness does not match their desire to seek thrills," says Mullarkey. "They equate skill with speed, which is a false connection. The issue here is overconfidence: knowing your limits is itself an important survival skill cockiness is a dying trait."

So it seems that risk-taking is hardwired in us - a sort of 'Y-not' chromosome, if you will. Mullarkey points to research that shows certain areas of brain development are not complete in young men until about the age of 25. By contrast, women's brains mature more quickly. "This could be an evolutionary throwback," he says, "where too much risk aversion meant the mammoth wouldn't

"Think of all the times you've drilled into walls. eschewing the use of a cable detector with the blind faith of a Jedi" **400**

become supper, while the loss of a few men so the tribe could eat was a necessary trade-off"

However, more surprisingly, the peak age for men to die in accidents is between 40 and 44. Perhaps not coincidentally - particularly to those of a Freudian bent - this is also the demographic most at

risk from suicide: Thanatos moves in mysterious ways. Motorcycle accidents feature highly in this category, as bornagain middle-aged bikers (or "Bambis" to traffic police) attempt to reclaim their youth on powerful machines. "Many used to ride bikes years ago but don't realise that they've advanced so much over the past 20 years,"

says a spokesman for North Yorkshire traffic police. "They have more money in their pockets and buy bikes similar to performance bikes used in racing. They go too fast, lose control and hit something." The midlife crisis can become an end-of-life one. So how can we accidentproof ourselves? Unlike many

of the things we discuss in the column, there isn't a GP's test or a single lifestyle change that will do the trick. Professor Ivan Robertson (see panel) ran a psychological study of individuals involved in accidents before concluding: "Personality is pretty fixed in adults, but people can change their behaviour." RoSPA flags up overconfidence and inattention as our two chief enemies. "Life should as safe as necessary, not as safe as possible.' That's our mantra," says Mullarkey.

He makes a special mention of using phones while driving, which men are twice as likely to do as women. "Hands free or not - evidence shows that being on the phone impairs the driver as much as being over the limit on alcohol."

The world is a hazardous place, but we can negotiate it more sure-footedly. Biking umbrella man has lately been placid, accident-wise, even through the minefield of an elaborate country wedding and becoming a father. Sure, there are still ripples in the lake but no major splashes. And if this guy can go accident free, so can all of us. O

ARE YOU ACCIDENT-PRONE?

Check your personality to see if you're a walking disaster A study by psychologists Dr Sharon Clarke and Professor Ivan Robertson found certain characteristics shared by those involved in accidents. People with low levels of A and B, and high levels of C, were most likely to have workplace mishaps. Dependability is "not an especially male trait," says Robertson. He adds: "the facet of agreeableness important here relates to

compliance. Men may have accidents because they're less likely to abide by correct procedures." In a separate study of traffic accidents, Robertson identified "extraversion. low conscientiousness and low agreeableness" as factors. "Some of these are extreme due to hormonal and cultural pressures inciting young men to ignore rules and take risks."

Number of fatal

domestic accidents

linked to excessive

alcohol every

They identified three key personality components



A / Dependability: conscientiousness: social responsibility



B / Agreeableness: non-aggression; unselfishness



C / Openness: suggestibility; imagination

MENSHEALTH.CO.UK MEN'S HEALTH 61



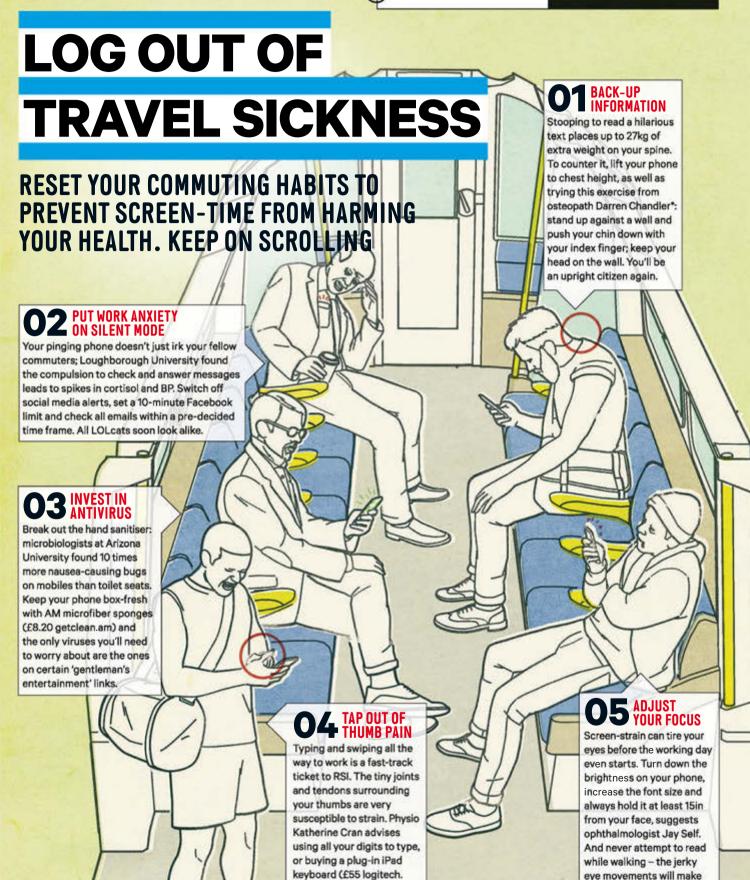
EXPERIENCE ISTRIA

Crystal clear Adriatic Sea, friendly hospitality, cultural and historical points of interest make this region to an interesting holiday destination. Explore the blue coastal Istria, a pleasureground of swimming, sailing, diving – and the green interior, with its wine & olive oil routes. Feel the open-air museums across the peninsula, some of them used for music & film events and as cafés. The options for eating out are almost limitless, from quiet local tavernas, hidden away off a back road in the inland and serving the most delicious homemade pasta with truffles, to exquisite seafood restaurants near the waterfront.

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MEN'S HEALTH 63

your head hurt, as will being

inadvertently flattened by

a double-decker bus.

LET YOUR SIX-PACK **GO VIRAL**

A NEW YOUTUBE PHENOMENON CAN **BUILD A CORE OF STEEL IN FOUR** WEEKS. MH'S LAB RAT JOINS THE SALLY ARMY TO CLAIM HIS OWN

BRING

SALLY UP

28 DAYS

THE UNOFFICIAL

TAGLINE OF THIS

HOME WORKOUT:

BUT DELIVERS

GREAT UPPER-

BODY RESULTS

IT COSTS NOTHING

CLAIM

t's 2am and I'm at a friend's house after a night out. A now very familiar song is queued up on my phone and I'm lying on the floor in a press-up position. My friends look on bemused. I've been trying to explain this workout to them for about 20 minutes but this seems like the easiest way to do it. I'm taking part in the latest viral fitness challenge, Bring Sally Up. But this is more than simply an ode to the humble press-up - AKA the cornerstone of all bodyweight exercises. Its popularity signifies the growth of a new breed of workout.

My PT for the month is YouTube. The site formerly beloved for cat videos is increasingly becoming a one-click destination for fitness, with step-by-step workouts that go viral in under a week. Jeanne Johnston – an assistant professor of kinesiology at Indiana University, who has researched the effects of virtual workouts - found that they not only measure up to face-to-face classes, but can be even more effective. They have "the potential to reach people who normally wouldn't go to a gym because of limitations such as time," she says.

I'm no stranger to training. I generally eat the right ratio of protein to carbs and I relish extreme fitness feats. But this is a new one even for me. The Bring Sally Up challenge has been doing the rounds online since last year. Your goal? To complete a series of press-ups to Flower by Moby, training all the way to the end of the three-plus minute track, no breaks

LAB RAT **PROFILE** BEN HOBSON WEB EDITOR AT RUNNER'S WORLD allowed. Every time I hear the lyrics "Bring at the ready. I quickly find that bolting the Sally Up", I have to push up; on "Bring **CHALLENGE** Sally Down", I drop down and hold a plank PRACTISE VIRAL until told to move up again (or collapse on WORKOUT 'BRING SALLY UP' FOR

the floor). Bring Sally Up offers a clear objective: to build upper-body strength. I've never been great at press-ups. I could rattle off 20 if needed, but given the choice I'd skip them for cardio. My workouts have left me a little light up top.

A combination of male bravado and genuine interest has inspired me to find out if Sally can make a real difference. For the first couple of days I'm glued to my phone - music video loading, stopwatch

challenge on to the end of my normal cycling routine doesn't work. Taking it on with tired arms is a bad idea and I struggle to get through even one minute of the song. Sally is a jealous mistress. For this to work, she needs to become a stand-alone session every day.

A few days later, I'm getting into the swing of it. The slow and steady control in the press-ups gets my arms burning while the long holds force me to plank longer than I'd normally choose to. I'm definitely feeling the engagement in my shoulders, arms and abs - a burn in previously

28 DAYS LATER THE LAB

BEN DITCHED THE GYM TO SPEND SOME MORE TIME ALONE WITH SALLY

under-worked muscles. I'm sore, but determined to finish the track.

By day 12, the song has started doing loops in my head. However, I notice my time is improving - I make it to 1:40. I relish working to a point of failure rather than simply sticking to the rep count, as with my normal gym workout. I can feel my muscle endurance and lactate threshold improving - the keys to muscle development. Checking in with the team at Six3Nine (six3nine.com), who have been biometrically tracking my progress

"Virtual workouts can be even more effective than faceto-face classes"

over the 28 days, reveals that I'm adding significant size to my arms and gaining definition in my torso.

Halfway through the challenge, Sally has become a habit I can't quit. I'm seeing improvements in my technique too. By altering my hand position in the press-up, I can work a different range of muscles; wide for chest and shoulders, narrow for triceps. For the plank, good form is key, so doing it in front of a mirror helps. Achieving this straight bodyline from

> ankles to head not only works my abs but I feel it in my glutes, obliques, back muscles and everything else regarded as the core.

At the finish line I manage 2:45 of the song, which I'm pretty chuffed with. It isn't the

full song, but it's enough. Especially since the only people I've seen complete it online belong to a group training at the renowned Gracie Jiu-Jitsu Academy martial arts centre. Better still, unlike a gym membership, this challenge cost me nothing. It's built up my discipline levels, torched my body fat and helped me fully understand the power of a press-up. You can also do it whenever you want (even in your mate's front room at 2am).

Music is a powerful motivator and this is perhaps the main reason why this viral challenge adds an extra punch. It makes three and a half minutes of exercise seem a lot tougher than you'd expect. See Ben in action and find tips on how to tackle it yourself by visiting menshealth.co.uk/bringsallyup

UPGRADE YOUR HOME WORKOUTS WITH THE BEST BEATS AND FORM TWEAKS

HOW OUR LAB RAT MEASURED UP

The pros at Six3Nine monitored Ben's body composition before and after



DAY ONE WEIGHT 87.2KG ARMS 32CM **WAIST 81.4CM CHEST 98.1CM** OVFRALL **BODY FAT 11.3%**



DAY 28 WEIGHT 86.2KG **ARMS 33.2CM** WAIST 80.1CM **CHEST 99.7CM** OVERALL **BODY FAT 9.9%**

TRAIN ON THE RIGHT TRACKS

Three more music-based routes to reach your personal best



OK GO/NIKE+ TREADMILL MIX

This running workout riffs on OK Go's 2006 music video for Here It Goes Again, in which the band hop across treadmills. The 31-minute playlist combines leg-powering tunes with training tips. Search for it on Spotify.

ULTIMATE WORKOUT PLAYLIST

Brunel University paired with Spotify to build a fitness-specific playlist that's optimised for your warm-up, HIIT and strength training by matching factors such as lyrical content and bpm. Search for "The Ultimate Workout Playlist".



JOG.FM

Set up by runners, this music site helps you match your songs to your pace. You can also increase the speed of your tracks to match your desired time. Download it on your iPhone in app form and take it to the tarmac.

SWITCH YOUR PRESS-UP STYLE

Keep your muscles guessing with these variations on the classic



1 SINGLE-LEG

Start with hands a little wider than shoulders. As you lower, raise one leg. Bring it back down as you rise: alternate sides. Focus Shoulders



2 SPIDER-MAN

This time, as you lower, bring your right knee to right elbow. Don't let your foot touch the ground. Push up and swap legs. Focus Obliques



3 SHOULDER-TAP

As you come up, tap one shoulder with the opposite hand – don't wobble. Repeat and tap the other shoulder.

Focus Better balance

GET 'IN' WITH THE IN CROWD

IT'S TIME TO COME OUT OF THE INTROVERT CLOSET AND USE YOUR QUIETER SIDE TO YOUR ADVANTAGE

few years ago I enjoyed a profoundly weird experience in Japan. In this truly foreign country - where my hotel room was coffin-sized and the KitKats were green - I felt genuinely at home. Despite the language barrier, dining alone in sushi bars and the special alienation of being the one naked white guy bathing in the hot Onsen springs, I felt utterly accepted in a way I never had: as an introvert. I was clearly welcome there, but not required to answer the

string of questions that would pass for politeness back home. Being my true self gave me a new source of calm strength. Being an introvert no longer felt like an unhealthy secret.

It had always seemed like an affliction. At work, it was my Achilles heel. I was once a chef in a restaurant kitchen that followed the Gordon Ramsay school of loud, brusque abuse. On an 'away-day', our head chef took us to a test centre and assessed us from behind a two-way mirror. As we set about solving our group task, the extraverts began to talk over each other, displaying their sweary dominance.

The more they talked, the more I panicked. Then I became indignant; I told myself I should be heard. I'd better speak up - say something. ANYTHING. Quick!

Reader, I shouted something so salty Ramsay himself would have blanched.

This is an introvert's doomed reasoning: we must beat extraverts at their own game. But I have since found that the opposite is true; the introvert's advantage is his penchant for reflective analysis. In a loud environment, the ability to think without speaking sets us apart. As Susan Cain puts it in Quiet* "The key to our talents is to put ourselves in our zone of stimulation." At work, our abilities become supercharged on solo flights of thought.

The 'quiet' life is harder. In the Western world silent often means dumb and the wealth of social capital belongs to more 'outgoing' characters. While extraverts presume intros to be arrogant or nebbish, intros characterise extras as insincere or brash. Carl Jung, the psychologist who invented the terms in 1921 didn't mean that everyone was either Animal from The Muppets or Linus from Charlie Brown though. Jung's idea was that

introversion and extraversion are extremes on a scale of human behaviour.

You might fancy yourself as a bit of an to know if that's where

you truly belong on that scale. The truth comes down to chemistry. Dopamine, which regulates your brain's reward centres, has different effects. Introverts have a lower threshold, so they need less sensory input than extraverts to be happy.

"Introverts are better at public speaking and Animal, but it's hard influencing people"

For we the introverted, self-acceptance holds unspoken surprise benefits. At parties for example, rather than feeling the

extravert's pressure to circulate, introverts stand to gain more by making meaningful connections to fewer people. Not showing off (OK, I am a bit), but we intros also have lower blood pressure and are more adept at public speaking and influencing people. This may account for the 40% of introverted CEOs. It's just the phony nature of networking after our public speeches that we find repellent.

There has never been a better time to be an introvert. Thanks to the internet. written and spoken language have parity and we own the ideal tools to bypass social anxiety. Facebook helps us network without interminable small talk; we can tweet

> the witty retorts that we were too tongue-tied to formulate in person; and our mobile phones help us screen unwanted calls in favour of texting. So the next time you feel the pressure to act like The World's Worst Gordon Ramsay Impersonator,

use your introvert advantage thinking before blurting. While the rest of the room is battling it out with their sharp verbal elbows, you'll be the one quietly solving the task at hand.



John-Paul Nicholas deconstructs the trials facing modern men to help you live smarter

So, if the prospect of a weekend alone

An introvert can self-regulate his own

After a long day in a chatty open-plan

makes you howl with fear, rather than sigh

with relief, you tend toward extraversion.

dopamine levels, and prefers goal-oriented

thinking to constant social gratification.

office, intros are more likely to recharge by going for a run alone than by joining the extras at the karaoke bar.

THE MEEK SHALL INHERIT THE SHIRT: INTROVERTED NEEDN'T MEAN DULL

QUIET: THE POWER OF INTROVERTS IN A WORLD THAT CAN'T STOP TALKING (E8.99 PENGUIN) | PHOTOGRAPHY: HEARST STUDIOS

66 MEN'S HEALTH

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*As effective as celecoxib 100mg twice daily (a prescription treatment for osteoarthritis). In clinical trials there were no health issues associated with long-term use of FLEXISEQ® Sport.



I'M SPENDING MY HONEYMOON ON A PRIVATE ISLAND. **HOW CAN I MAKE THE SEX UNFORGETTABLE?**

Mark, Cambridge

Nail this, so to speak, and you'll set yourself on the right track for the next 50 years. On the first night, I'd advise playing it straight-up romantic, while capitalising on the 'husband' factor. So far, so vanilla.

But on the second night, change tack. Use the seafront view to your advantage. The confidence that a holiday tan brings - not to mention the warmer weather - makes sex outside a winner. Do it on the balcony for added X-factor and the thrill of potentially being seen. Sex away from home is perfect for personal exploration. A University of

Florida and Illinois study found most women are more comfortable pushing their boundaries when abroad that goes for happy couples, as well as holiday flings.

In the bedroom, dial up the dirty talk by sharing fantasies. "We're free to be as filthy as we like in these sheets..." is a good opener. Unlike at home where you're limited to water-based lube so you don't have to keep stripping the linen, abroad you can maximise the laundry service by oiling each other up and enjoying the slide. Coconut oil is the exotic lube du jour, and lasts longer than waterbased choices. Add heat to foreplay by rubbing it in your hands and applying it to her nerve ending. Then have her return the favour by rubbing it on the tip of your manhood before working her way down. Call it a Penile Colada.

CARRY ON ABROAD

WHETHER YOU WANT TO NAVIGATE SEX ON THE BEACH OR USE YOUR AIR MILES TO ELEVATE YOUR TECHNIQUE, CONSIDER THIS YOUR DEPARTURE GUIDEN



I HAVE TO TRAVEL A LOT FOR WORK AND IT'S PUTTING A STRAIN ON OUR RELATIONSHIP. **HOW CAN I SPICE UP THE SITUATION?**

Michael, Birmingham

Forget Skyping. Turn your next overseas conference into a couples escapade. Book a car to take your other half to the airport and text her minimal instructions mystery heightens the thrill. Make space in your schedule for two uninterrupted hours each day, then take full advantage of the spacious hotel bathtub. Sit with your legs apart, knees bent and upper body against the side of the tub. Ask your partner to straddle while facing you; move back and forth as she holds your arms. See? There's little a hot bath won't fix...





PERSONAL TRAIN YOURS ELF

If you want to get **more out of your training**, save money on PT sessions or train for a specific event then learn how to personal train yourself with Lifetime - the choice of the fitness fanatic.



SEXUAL HEALING THE LAB

I KNOW TRAVEL CAN EXPAND MY MIND, BUT WHAT ABOUT MY SEXUAL TECHNIQUE?

Chris, York

How many stamps does that passport contain, young Christopher? Quit aimlessly racking up air miles and re-examine your travel game. Each nation possesses unique talents in a particular area – but if you want to be

her best, get your schooling from Spain. The Spanish were voted the world's best male lovers by 15,000 women.

Extravagant 69ings aren't the reason. According to the Durex Sex Survey, it may have more to do with the fact that 70-80% of Spanish women claim to orgasm just as often as their male partners.

Prepare to Don Juan her by prioritising her pleasure, and take a long, slow dinner date to seduce your señorita. Get to know her over a bottle of Rioja: the Journal of Sexual Medicine found red wine increases arousal. Your next move comes courtesy of Pedro Otero, a sexologist in Spain. It's called the Downward Dog: ask her to rest her chest on the bed, rear in the air, get on your knees and slide in from behind. "This lengthens her vaginal wall, which in turn will tighten her around your penis so you feel bigger to her," says Otero. Dirty dog indeed.

MY WIFE AND I WANT TO TRY A THREESOME. WHICH COUNTRIES ARE OPEN TO THE IDEA?

Jared, London

LIVE THE FANTASY

BUT MÉNAGE YOUR

EXPECTATIONS

Worried the neighbours will catch on? Best head to the place where neighbours can become really good friends.

Australia is the country where a higher head count is most common, according to research by lustability.com, with 28% of Aussies claiming to have tried it. Meanwhile, an Esquire survey found 43% of Aussie women admitted to a girl-on-girl experience. You can bypass Melbourne and Sydney and fly direct to the Gold Coast – Queenslanders were shown to be the most sexually adventurous in the Great Australian Sex Census.

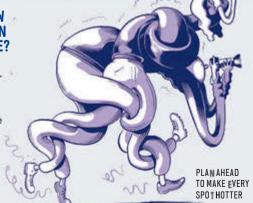
But before you book those tickets, set some boundaries - even if you're both yes-yesyessing. For example, is it OK for her to give a third party oral but not for you to? Is kissing the thing you'll keep sacred? Discuss what you'll do should one of you start to feel uncomfortable. Finally, be sure to tell your partner how wonderful she is before, during and after to head off insecurity. Play it right and your winter down under could become an annual event.



O I'VE RENTED A WEEKEND COTTAGE WITH MY NEW GIRLFRIEND. HOW DO I GUARANTEE WE CHRISTEN EVERY ROOM, RATHER THAN FALL INTO ROUTINE?

John, Manchester

The first sojourn with a new partner is always daunting. You want to set the tone early on. Showers together? Yes. Showering while one of you is on the toilet? Not the right kind of intimacy. Plan your itinerary with her: a Dutch study found the anticipation releases pleasure hormones. And don't reject romantic clichés. Rose petals on the bed may seem twee, but the seductive power of flowers has been proven by many a man (and the journal Social Influence).

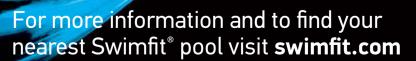




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EDITED BY EMILY BADIOZZAMAN

MAXIMISING LIFE'S GREATEST LUXURY

THINK YOUR MUSCLES GROW

<u>15</u>

SECONDS TO CARVE OUT A BRAND NEW BODY IN YOUR MIND

f willpower is waning and New Year's resolutions are going the way of the Cab Sav, you needn't feel bad about your underused gym membership just watch someone else using theirs to get you motivated. Researchers found that watching online videos of people training can make you 19% stronger than if you were to hit the gym five times a week without a visual pre-workout. We're not saying swap squats for your sofa, just that mind over matter isn't only a psyche cliché. The study, in the journal Nutrients, found that thinking about exercise relays messages to your body, meaning using your head helps you reach your goals faster. Plus, it's good news if you're new to the gym, as imagery training activates your muscle fibres and allows them to clock onto your regime quicker. It's a case of seeing is achieving.



PHOTOGRAPHY: JONATHAN MINSTER I PROP DESIGN: EMMA CALDER | ILLUSTRATION: ALCONIC AT SYNERGY ART

the #fitspo your day off needs.

2 | TIME TO SMOOTH AWAY YOUR WORRIES



MINUTES TO RELAX
AND IRON OUT THE
SPRINGTIME BLUES

s a month most commonly associated with rainfall and housework, April is disposed to dampening your mood. But there's a shortcut to brighter days. A botox injection can cut depressive symptoms by 47%. Not that we're not pushing the needle, mind. It works because smoothing out muscles between your eyebrows reduces distress signals to your brain, according to the Journal of Psychiatric Research, which saw one in four depressed participants go into remission. Happily, five minutes of facial yoga (yes, it's a thing) achieves the same effect. Yogi Danielle Collins advises pressing between your brows and on your eyes' corners while looking up. No need for the long face, Trigger.

PHASE IN SOME FACETIME

Use these tricks to become a smooth operator and banish the signs of both office stress and the cruelty of ageing



RUBITIN

Even out wrinkles with ClarinsMen Line-Control (£40 clarins.co.uk) followed by Kiehl's Facial Fuel Heavy Lifting (£38 kiehls.co.uk).



BUTTER UP

Vitamin E-rich foods battle the signs of ageing skin. The gym goer's protein-rich treat of peanut butter will sort you out for E.



MONITOD VOLIDGELE

Your desktop screen should be just lower than eye level to reduce squinting and more eyebrow furrowing than usual. TAP INTO AN IRON WILL

30 SECONDS TO CALL

TIME ON CRAVINGS

nstead of vainly searching for justification when confronted with an indulgent menu, turn on the taps: researchers have found that tapping your forehead for half a minute curbs your pizza urges by 10%. Physiologists at Mount Sinai St Luke's hospital discovered that this simple tactic acts as a distraction to blur your mental image of food, neutralising your hunger for junk. Admittedly, a none-too-subtle assault of the head while pondering the menu on a first date might make her think you're one sandwich short of a picnic, but thankfully there's

a more realistic answer. Tapping one foot (with the other, under the table) for the same amount of time will help you choose a healthier option without turning heads - sing along to the first verse of the National Anthem mentally to bring yourself up to the count. And when your prelunch hankerings are in full swing at the office, drumming you ear with your finger will enable you to exude focus without bringing forward your yearly review or confusing any of your bosses or colleagues. Your resolve will soon be as solid as a knock.



BLURRED MINDS

These 30-second distraction techniques can be applied to all guilty pleasures when you're in need of some added restraint



Tensing the muscles in your neck and shoulders and releasing them makes you focus on relaxing rather than your burning desire.



WAP FLIX FOR CLICKS

Your Walking Dead addiction can be kept in check. Clicking your fingers at the end of an episode will reduce your compulsion to carry on.



SWITCH HEE FROM YOUR PHONE

If you're serious about holding your Facebook habit at bay, St Luke's found focusing on a blank wall can help you keep your phone in your pocket.





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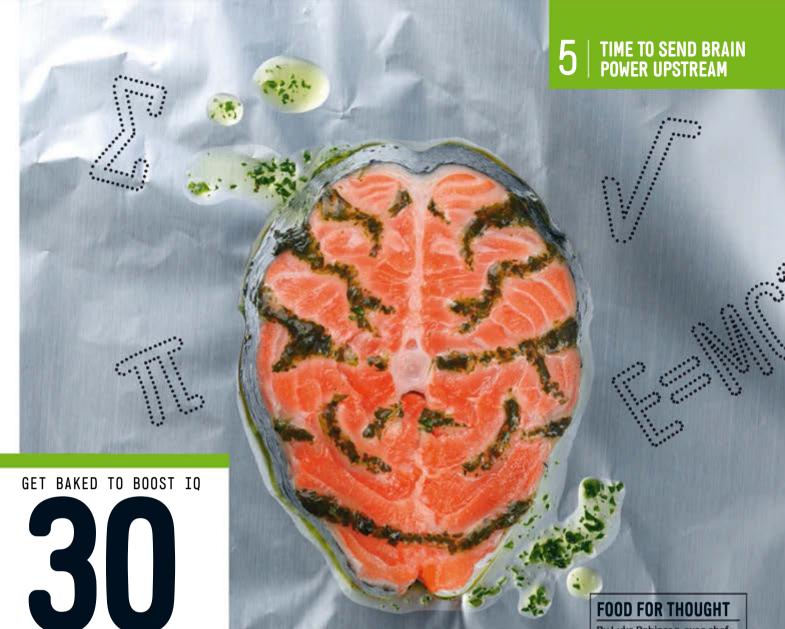


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of nutrition: undoubtedly effective, but regrettably overexposed. Of course, you don't need us to tell you that a diet rich in oily fish makes you smarter, happier, smugger etc. But it's the way you cook your fish that can really unlock its full mental merits. Researchers in Pennsylvania have found that baking or grilling fish counteracts the sad inevitability of your brain shrinking as you age and actually makes it bigger. Yes, bigger -

think a 14% size increase in the

part of your brain responsible

mega-3 is the Harry Kane

MINUTES TO LAND

A LARGER BRAIN

for cognition and a 4.3% growth of your memory. And their study, published in the American Journal of Preventive Medicine, found it wasn't simply down to the usual culprit, omega-3. The nutrients in fish don't just oil the cogs chemically, but physically and structurally expand your brain. The catch? Cooking your fillets at higher than 180°C can damage their structure, sinking the benefits, while baking or broiling reels in the goodness. One grilled portion a week is enough to net the brain-swelling properties. It's an open goal.

FOOD FOR THOUGHT

By Luke Robinson, exec chef at Bonnie Gull Seafood Shack



Trout fillets, 2 s. 2. sliced

Land the fillets on a bed of spinach, rocket and tomatoes in a baking tray. Place lemon on top of the fish and slot into a 165° oven for 25-30 minutes. Lemons have a high ratio of negatively charged ions, increasing oxygen to the brain and improving alertness. The spinach and rocket will smash your RDA of vitamin K to protect your liver, too.

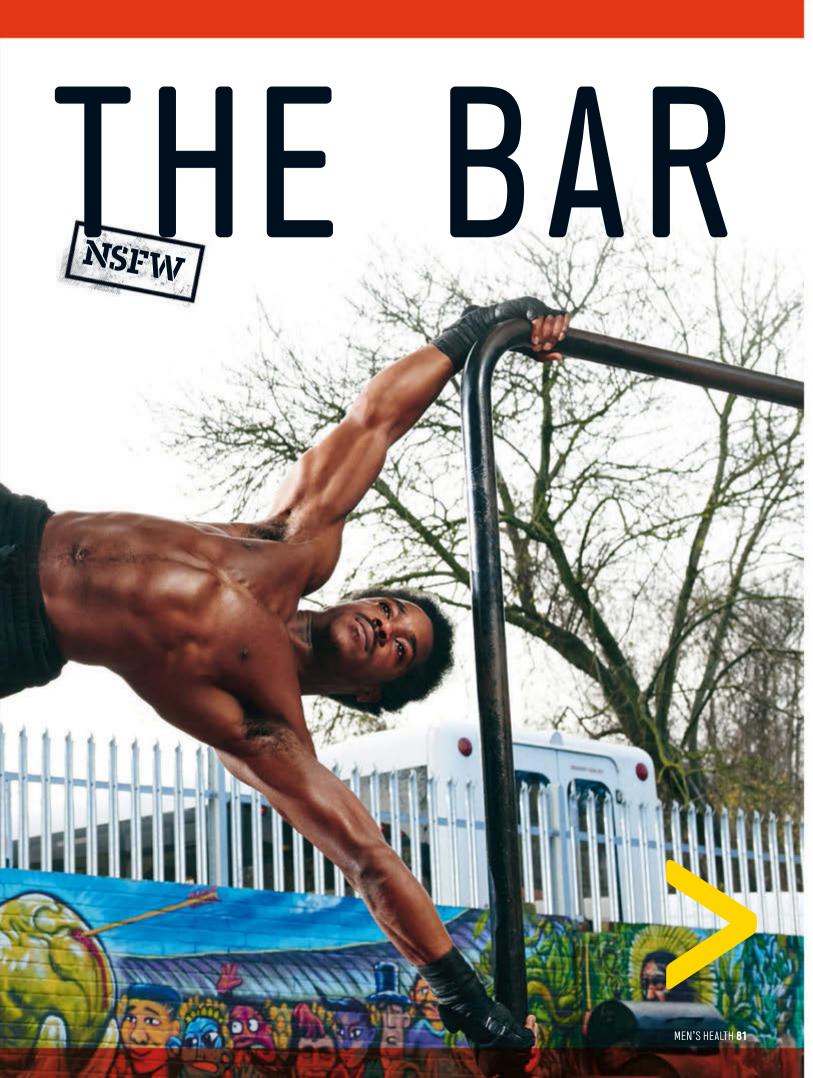
PHOTOGRAPHY: JONATHAN MINSTER | PROP DESIGN: LOU BLACKSHAW | ILLUSTRATION: ALCONIC AT SYNERGY ART

RAISING

Combining the gravity-defiance of gymnastics with the flair of breakdancing, calisthenics is cheaper than the gym and more intense than weightlifting. The playground is officially Now Safe For Workouts

WORDS: JAMIE MILLAR | PHOTOGRAPHY: PHILIP HAYNES





see Terroll Lewis – 6ft, 91kg, tattoos, gold tooth – working out alone in the playground of a south London park, you'd be forgiven for giving him a wide berth. But two years ago, following an 11-month spell in prison, this is where you'd be most likely to find him. "There was a bar on the slide there," he recalls. "I used to wiggle my way through and do little pull-ups, with this bench in the way digging into my back as I came down. Then there were two pieces of wood either side, so I used to do dips and L-sits, handstand walks down the steps, crazy things. I would just try stuff out by myself."

Lewis didn't know it then, but he was an early adopter of one of the hottest new trends in fitness today. Though not quite as early as the Spartans who in 480BC psyched out the Persian scouts by performing *kalos sthenos* ("beautiful strength") and combing their hair before the battle of Thermopylae – yes, the one in 300. Calisthenics, as it's now known, incorporates the stylistic elements of gymnastics, parkour, mixed martial arts, yoga and dance. It comprises everything from bog-standard press-ups and pull-ups to handstand press-ups and muscle-ups, where you pull your whole upper body above the bar instead of just your chin.

The term calisthenics has regained popularity through people showing off about what they did on the weekend, and hashtagging pictures and videos online. For the more prosaically minded, it's just a fancy name for bodyweight training, which topped the American Council of Sports Medicine's annual Worldwide Fitness Trend Survey for 2015. "When I started searching for videos of Hannibal, I knew it as 'ghetto workout'," says Lewis, referring to the star of the four-minute calisthenics showcase "Hannibal for King", which was uploaded to YouTube in 2008. It showed the then-unknown occasional car mechanic and marijuana dealer (who was living in a homeless shelter) performing outlandish moves such as front levers - where you hold your body parallel to the ground - in a New York park. Nearly 10 million views later and

"After prison, I went to Fitness First. I had £20 on me but I needed to set up a direct debit... So I went to the playground instead"

> the centuries-old, unfashionable practice has become a social media-fuelled global phenomenon. It may have helped that Hannibal was shirtless, and shredded.

Calisthenics also goes by the equally unfancy name of street workout, or in the case of the community movement Lewis went on to found in 2010. Block Workout. There is now a bona fide World Street Workout And Calisthenics Federation, hosting international competitions in which practitioners – many of whom were inspired by Hannibal to take to the bars – stitch advanced moves together into a seamless "flow", like gymnasts or breakdancers. Block Workout is just one of a burgeoning number of calisthenics collectives around the globe, such as Spartanfam and Recession Proof Body in the UK, and the more punnily titled US crews Barstarzz and Bartendaz (which Hannibal belonged to before he went viral). And if you needed any more proof of calisthenics' status as a truly global phenomenon, a synchronised team called Project Mayhem won the latest series of Lithuania's Got Talent.

The growth of Block Workout in particular can be traced back to the cellblock that Lewis eventually found himself in. A promising youth footballer who earned a scholarship at Stevenage Borough, Lewis had traded his nascent sporting career for a new line in drug dealing, before becoming a fulltime tenant at Her Majesty's pleasure. "When I first went to prison, I was in Belmarsh, which is very high security," he says. "I was on lockdown because I wasn't trusted to interact with the other prisoners, so I wasn't allowed to go to the gym. I'd take the rubbish out of my bin and do decline press-ups, or tricep dips with my feet on the bed and my hands on the toilet seat." Even when Lewis was released, he found himself locked out of society's conventional path to self-

THE HUMAN FLAG

This triple whammy of push, pull and core strength must be saluted. Stacked parallel (and thinner) bars make things easier, but you'll still find the vertical flag hard to hold at first. Persevere, though, and you'll eventually fly high.





LEVEL 1: VERTICAL FLAG
Grab the pole with your top hand facing forward and your bottom hand facing back. Pulling hard with your top hand and pushing

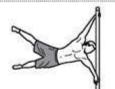
with the bottom, try to lift your

feet off the floor and hold.



LEVEL 2: TUCK FLAG

With your hands positioned as before, raise your knees up to your chest and hold. Work on trying to get your torso horizontal to the floor, ensuring those elbows remain locked throughout.



LEVEL 3: STRADDLE FLAG

As with the reverse lever and planche to come, the penultimate stage sees your legs apart in a V. It's exponentially harder than the tuck, so experiment with jumping or lowering yourself into it.

>



THE ONE-ARM PULL-UP

Sorry, but holding the opposite wrist doesn't count. Simply hanging from the bar will make your arm feel like it's being wrenched out of its socket – be sure to pull your shoulder blade down – but the strength and control it builds is worth giving your right arm for.



LEVEL 1: ARCHER PULL-UP Pull up, but only bend one arm while keeping the other straight. Your torso will gravitate to the bent arm. Open your grip with the other hand as you lift. Lower and repeat to hit your target.



LEVEL 2: TOWEL ASSIST
Instead of throwing it in, wrap the towel around the bar as you do a pull-up and hold it with the hand of your non-working arm. The lower down you hold the towel, the harder the move becomes.



LEVEL 3: NEGATIVES
Get above the bar by hook, crook or box, then let go with one arm and lower. Slowly. Static holds – pausing for a few beats at the top, bottom and halfway – will also stop you stalling.

Now Safe For Workouts

improvement. "I went to Fitness First in Brixton and asked how much it was to get in," he says. "I had £20 on me. They said I needed to set up a direct debit. I was like, 'What is that?' I'm an ex-gang member used to having cash under my pillow. I've never had a bank account. So I left and went to the playground."

This is one of the beauties of calisthenics: like its Ancient Greek originators, it's democratic. You don't need a monthly gym membership or expensive equipment to build Leonidaslevel strength and muscle. Anyone can do it, anywhere, anytime. For Lewis, that was when he needed to stay strong mentally. "I was back in the same area

I grew up in, seeing the same friends I used to get in trouble with, so I had to keep myself active and my mind focused," he says. "When everyone else was on the block corners chilling and smoking weed, I'd go to the park."

Pretty soon, he had started a trend – at least locally. "Everyone used to come past and say, 'What is this rubbish you're doing? Why don't you just go to the

gym?' So I made a YouTube video telling people to use their environment. I knew a lot of people out there wanted to work out but didn't have the money, so they just stayed on the block and smoked that weed. Then people started messaging me: 'When can we come and train with you?'"

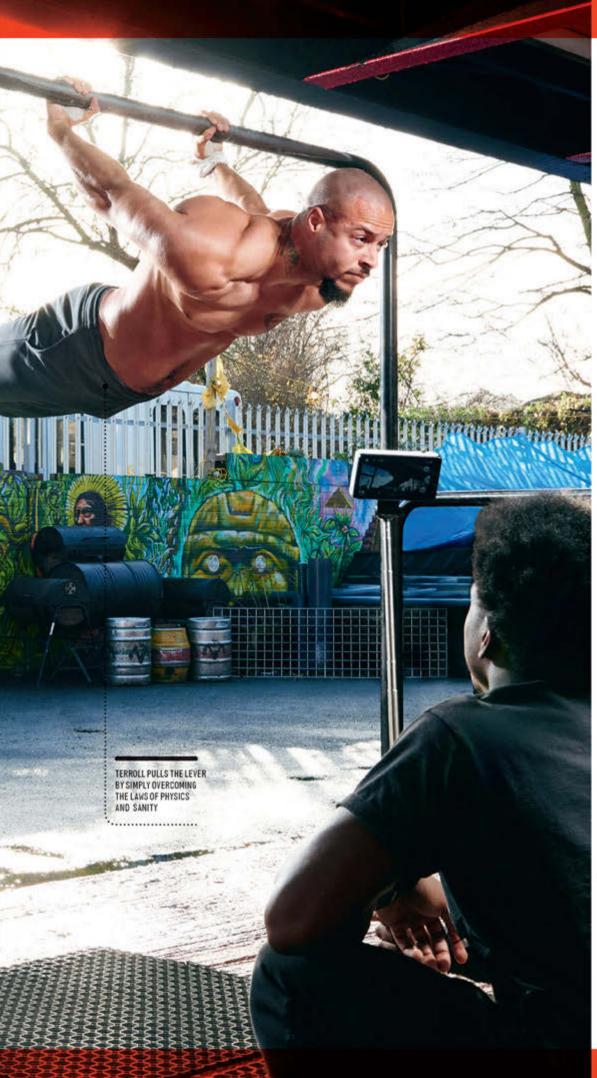
Block Workout has since expanded, first to other London parks, then other cities including Birmingham and Norwich. Last year saw the opening of its first street gym in Brixton, a covered open-air facility built by members and volunteers in a converted loading bay. To use the facilities will set you back £10 per month or £2.50 per day (£1 for under 16s). All fees payable by cash.

While it might be refreshingly accessible, don't turn up expecting to become an overnight internet sensation. "A lot of people want to do a flag or a muscle-up straight away because they see that stuff on YouTube and think it

"I had to keep myself active and focused. When everyone was chilling and smoking weed, I'd go to the park"







THE REVERSE LEVER

Also called the back lever, this discomfiting hold works the muscles along the back of your body and your core.

Overhand grip – palms facing forward – is easier, but an underhand grip will build biceps like a gymnast's. Both will also bring you that bit closer to achieving the planche.



LEVEL 1: SKIN THE CAT
Hanging from the bar, bring
your legs up to your chest and
through the gap between your
arms as you rotate backward,
then lower them and hold.
Return to the start and repeat.



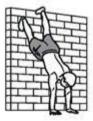
LEVEL 2: TUCK BACK LEVER Bring your legs up and through, but instead of lowering them, hold once your hips reach level with your shoulders. Over time, flatten your back and bring your knees away from your chest.



LEVEL 3: SINGLE-LEG BACK
The next step is to straighten
one leg, toes pointed, while
keeping the other tucked in
to your chest. After that, try
it with legs apart ("straddle"):
a slightly shorter and easier
lever than with legs together.

THE HANDSTAND

Even if you spent your childhood upside down, these can be surprisingly tricky. You should also be prepared to fall over. A lot. The first step on your hands is to use a trusty wall. Take that away – and add a few upside-down press-ups – and you'll soon resemble an inverted triangle.



LEVEL 1: WALL WALK

In a press-up position with your feet next to a wall, walk them up it as you bring your hands closer. Keep everything – arms, legs, core – straight, get as vertical as you can and hold. Baby steps.



LEVEL 2: WALL HANDSTAND

Facing a wall, place your hands on the floor about a foot away. Kick up with one leg, then follow it with the other, getting higher and higher until you hit the wall. Once you're up there, hold.



LEVEL 3: WALL BALANCE

Kick up against the wall, then push down with your fingers or (softly) away with your feet and hold. NB It will take many hours of practice to be able to manage more than just a few seconds.





THE PLANCHE

To hold your whole body parallel to the ground, elbows locked out, necessitates insane strength – particularly in your shoulders. Luckily, no-one need watch you faceplant a hundred times first.



LEVEL 1: FROG STAND

Place your hands at shoulder-width on the floor, then your knees on your elbows. Lean forward and lift your feet off the ground. Hold.



LEVEL 2: TUCK PLANCHE

Keeping your elbows straight, lift your knees to your chest and hold. Over time, straighten your back and bring your hips to shoulder level.



LEVEL 3: SINGLE-LEG PLANCHE

With one knee tucked, extend the other leg behind you and hold.
Work up to a straddle planche, then legs together. Instagram beckons.

looks cool," says Lewis. "Then when they come to Block Workout, they're doing pull-ups and press-ups, sprints and crawls, and they're thinking, 'When are we gonna learn to do a muscle-up?' How you going to do a muscle-up when you can't even do 10 pull-ups? What you going to do when you get up there - take a picture?" There are other reasons why you don't see moves like these being performed at your average high street gym. "I know a lot more people who have been injured doing calisthenics than training at the gym, because of the explosive, almost abnormal moves," explains Lewis. "You need to get your foundations right first, then everything after will be a lot safer."

And once you've mastered the basics, well, the rewards are beyond the purely aesthetic. The intense full-body muscular contractions required to hold these positions for even a few seconds is as effective as throwing weights around for multiple reps. But the process is considerably more meditative, requiring equally intense mental focus and concentration to control your body in space. Plus the patience and dedication needed to put in the months – even years – it takes means that you are mastering yourself in more ways than one. "Calisthenics is more intimate than



TERROLL LEWIS
He looks tough, but
don't be afraid to say
hi – even if you see
him doing dips with
100kg on a weight
belt.@TerrollLewis

lifting weights," says Lewis. "It's about your inner strength rather than what people see. You can go to the park and do calisthenics by yourself with no one around and feel good about yourself. You go to the gym, you got a lot of people looking at you, or in the mirrors. We never had no mirrors in the park. It was just about training, learning new things, smiling, having fun."

That goes some way to explain why calisthenics fosters such a sense of community. Block Workout's street gym has hosted rival crews such as Barstarzz for YouTube showdowns, but the only beef on display is under their T-shirts. "We show love to every single person and group, every single workout family out there – not only calisthenics," says Lewis. "It's like gangs, but it's positive gangs."

And that sense of community stretches beyond even crews or hashtags. Although the moves – and physiques – might be intimidating, the atmosphere is anything but. "You meet someone at the bars, you don't have a clue who they are, you never met them in your life, but you have something in common," says Lewis. "It's like, 'Wicked! Can you show me how to do that?' At the gym, everyone has groups: we're strong, you're weak, don't talk to us. The park is open. It's free. It's anyone's playground."

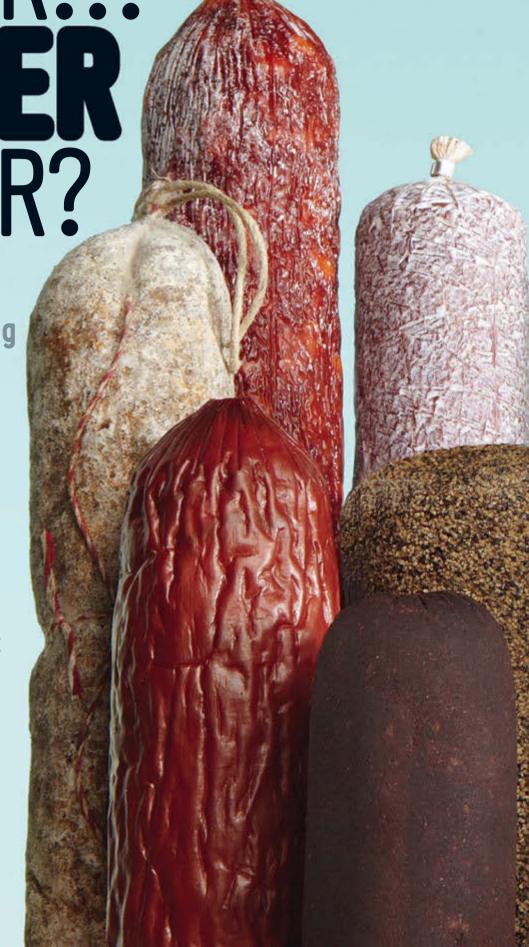


What's an extra inch worth to you? The answer, judging by the thousands of UK men signing up for penis enhancements, may surprise you. MH investigates the fastest growing trend in cosmetic surgery: the penoplasty

WORDS: WILL NICOLL

PHOTOGRAPHY: JOHANNA PARKTN







here was a time when the idea of penis enlargement existed only in the classified ads of grotty porn mags, discarded in park bushes or on the backseat of a bus. Then, with the internet came frequency – those malware-addled pop-ups on saucy sites, unsolicited offers in the subject lines of spam emails – but the sentiment remained the same. Bawdy promises were the stuff of pitiful jokes and sleazy scams. Nowadays that's all changed. In 2015, big cocks are serious business.

The world of penis primping has gone under the knife. Unlicensed pills and risible pumps have been supplanted by the operating rooms of London's Harley Street clinics. The people taking out ads promising "BIG results" are no longer con artists but trained, highly remunerated plastic surgeons who specialise in the industry's biggest growth area.

For David Mills, managing director of Mills Medical Services, business is booming. "Penoplasty – or penis enlargement – is the most popular operation we perform," he tells me. "It is now effective and affordable. In terms of demand, it has surpassed breast enhancement. Women were first

to embrace cosmetic surgery, with the late 1980s seeing a significant upsurge. Penoplasty is changing male attitudes to surgery, just as the 'boob job' made women more receptive to cosmetic procedures back then." This, according to industry insiders, is just the beginning.

Just as the beauty industry laid the foundations for male grooming, so it would seem that men have been patiently awaiting their turn under the surgeon's scalpel. "In many cases my clients tell me that they have wanted this procedure for a long time, but have lacked the confidence or means," Mills explains. "Now, many men have the chance to make exactly the same sorts of choices as women, to alter things that are highly personal to us."

According to The Harley Medical Group's 2013 study, one in five British men underwent a non-surgical cosmetic procedure in 2013. Of its respondents, 17% had laser hair-removal; 5% weighed up a pectoral implant. Clearly, the male appetite for cosmetic procedures is increasing. But where has this demand come from, and why? Who are these men flocking for consultations with Mills and his colleagues? And who, precisely, are they trying to impress?



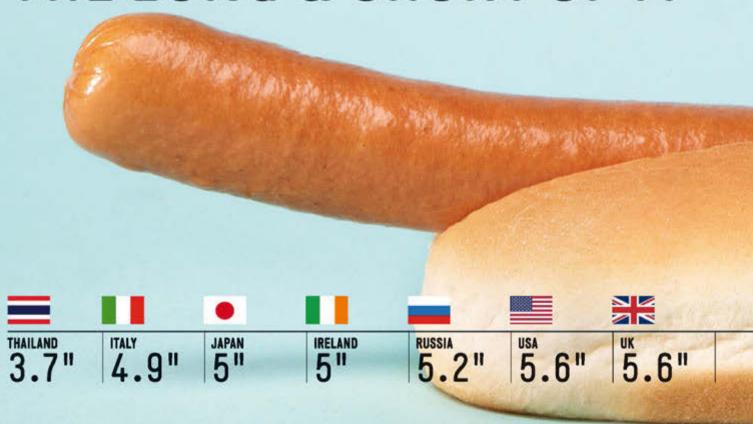
Almost one in five penoplasty procedures last year were performed in Germany

GROWTH AREAS

Penoplasty is, in most cases, a simple operation. The 'classic package' offered by Harley Street clinics lasts up to two hours, costs in the region of £4000-6000, and involves simultaneous lengthening and thickening of the penis. First, the surgeon strategically snips the 'suspensory ligament', which is a lot like slackening the supporting line to a tent pole. Once loosened, the canvas droops. It is then re-attached to the pubic bone around 1-2in lower than before. Crucially, the operation offers minimal improvement in erection size but does provide a few, precious inches of flaccidity.

Meanwhile, a small amount of liposuction is performed on your lower stomach. The fat is saved and the underside of your member sliced lengthways, so this fat can be re-injected. To mix metaphors, this procedure is akin to inflating a bouncy castle and is where you can gain another 1-2in extra girth. The augmentation process can be ineffective, however, so the newly injected fat must be massaged around the penis for up to 12 weeks following surgery. Disdain this part of the routine at your

THE LONG & SHORT OF IT



peril: without it you risk a misshapen, distorted or squat penis (read: choad).

So what do you have to show for your six-grand clinical bill? Ultimately, it's a penis that looks longer than it used to be. No real, extra flesh has been added: rather, existing potential has been maximised. It will be thicker, but could end up looking like something out of a '70s grindhouse flick. And this is the misnomer: whereas breast augmentation offers women elastic criteria to alter the size and shape of their chests, men stump up north of £5000 for - at very best a measly 2in of growth. Throw in regular penis stretches (by dint of a tractionoperated penis extender) that your doctor will prescribe post-surgery, plus the inevitability of wounds reopening due to involuntary erections, and it suddenly feels like a very big deal indeed.

GAME OF INCHES

Curious as to what sort of man would endure such a procedure at considerable financial and emotional cost, I ask Mills to describe his clients. "They are men who, by adulthood, sense that their penises are smaller than they should be." According to Mills, this means men who fall short of

"Fat is taken from your lower stomach and re-injected"

the 5.6in UK average (when erect); men for whom a centimetre or two can mean the difference between hiding behind a gym towel and full body confidence. "Most are concerned about their penis in its flaccid state," he says. "There's not always a sexually driven motive for undertaking the operation. 'Shower syndrome' is the fear most commonly described to me."

Mills reiterates that the number of men seeking solutions to these kinds of anxieties is many and rising. But for me, doubts remain. None of my contemporaries have booked themselves in for a quick reinforcement – none who have told me, at any rate. I'm also dubious of the inference that men are undergoing surgery, not for the benefit of their sexual partners, but to impress their peers. You'll find the odd exhibitionist making a meal of his ablutions in my local

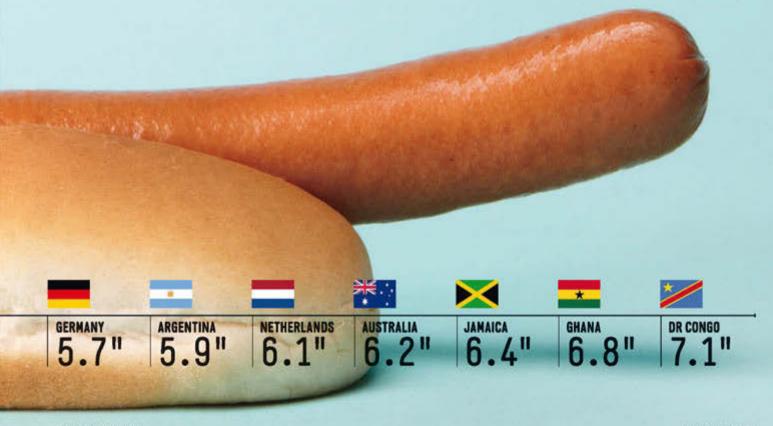


The world's largest penis measures 13.5in and belongs to 45-year-old American Jonah Falcon

gym's changing room, sure, but it hardly constitutes a dick-swinging contest. I need another corroborative opinion to be persuaded, and that opinion needs to come from the horse's mouth. I need to track down a penoplasty patient.

My search begins on an internet forum. It doesn't take long to find conversation threads devoted to male cosmetic surgery. Not for the first time during the process of writing this feature, I am shocked. Evidently, men like talking cock. Each man on one message board lists the vital statistics of his penis: length, girth, shape, even dermatological profile. Members encourage others to follow the progress reports they keep, supplying videos and pictures along with meticulous spreadsheets detailing every conceivable metric. One prolific contributor's starting size was 6.5in erect and 5.75in flaccid. Through surgery he grew to 7in and 6.75in, hard and soft respectively. He approximates his current girth to be 7in at the base and states his goal of a glans measuring 7.2in in circumference with a 7in "mid-shaft". These are the kind of precise measurements you'd expect from a Savile Row tailor. Indeed, the men I find online seem to be after the penile

Check whether you'd be big in Japan or a flop in the USA with our guide to average erect lengths across the globe



equivalent of a bespoke suit, constructed in six sittings. They want a designer penis.

SUPERSIZE ME

I finally get a text from a guy who asks to be known as Jamie. Having tentatively left messages on the board over the course of a week, I now have someone willing to talk to me about his penoplasty. We agree to meet at his local pub. On first meeting Jamie I feel uneasy, fearful of the dong-obsessed number-crunchers frequenting the message boards. I couldn't be more wrong. Jamie is articulate and funny. He has a better job than me, a slicker car, a better suit and, in all likelihood, a far more attractive penis. Because, in 2012, Jamie made the decision to upsize.

Jamie was once below average. At least, that's what the numbers said. About 4.9in in length, 4.4in in girth. Opting for the "classic" penis-enlargement, he grew by more than 1.1in in length, while liposuction gave the extra fat to bulk up the girth. We discuss the particulars of the operation, among other things like football, music, politics. The usual. But it's not until halfway through his third Peroni that Jamie begins to reveal the profound psychological impact that his perception of his own penis size had on him prior to his operation.

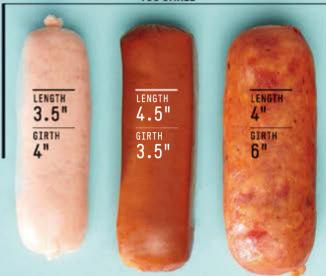
"For a guy who avoided all situations involving nudity from the age of 14 onwards, this has been a massive change," he says. "Three years ago, my sex life was a disaster. Just the thought of doing anything with the lights on used to make my stomach turn. This operation has changed my life and not because I now look like a porn star," he grins. "Because I don't. My dick is a normal size now. Or 10% more than normal, to be precise. It's 6in. For me, that's enough."

So was it worth it? Jamie is frank.
"Initially, I felt the improvement was sexual," he tells me. "I had a bigger penis, and for that reason I was sleeping with lots of different girls. The bigger penis was also making me a better lover. Not just psychologically but physically. I didn't have to be half-cut when I went home with someone."

Momentarily I feel smug as it seems that Jamie has proved what I have suspected all along: that men only do this to get props in bed. That is, until I stop to consider what he's actually saying. "The reaction from the women I have slept with has been better. But to be honest, it couldn't have been any worse, such was my nervousness before. Ultimately, we're

SIZE MATTERS

TOO SMALL







Only 4% of men have a penis measuring longer than 7.75in — the average among male porn stars

talking about confidence. That's what penoplasty has given me."

Jamie's emotional honesty is moving but there's something curious about the way he describes his operation and its rewards. He talks with discernible pride about how his penis "hangs" better, with no "right-leaning skew. It's not just bigger, it's straighter," he says, beaming. Like many of the men I encountered online, Jamie clearly put a lot of thought into what the ideal penis looks like. The desire to emulate this yardstick was the catalyst in his decision to go under the knife.

So where does this model of perfection stem from? Well, you don't have to be a super sleuth to guess that it might have something to do with porn.

EXTREME LENGTHS

By rights it should have had the opposite effect. In theory, the perma-tanned, emphatically endowed porno protagonist

"I met a porn star who couldn't get hard... so he installed an air pump in his scrotum"

is on the wane. The San Fernando Valley film industry of old, with its pneumatic troupe of regulars, is falling foul of the trend for amateur videos featuring natural performers with natural body parts. In other words, porno penises are getting smaller. But that, according to the experts, is beside the point. Because whether or not we want to emulate their size, we're now exposed to so much porn that we can't help but construct an aspirational, aesthetic ideal in our minds.

For the inside line, I decide to approach a man whose penis has been observed in action by millions of men the world over. Adam Glasser, better known as Seymore Butts, is one of the founding fathers of gonzo porn. He's also seen the extreme lengths that people will go to in order to get a rise. "I met a guy on-set who'd had difficulty getting wood, so he actually installed an air pump in his scrotum," he says. "If he needed a hard on, he'd pump up his balls. The adult entertainment industry was in its infancy, so people did stupid stuff. But from my understanding, very little has changed."

What has changed is that although unproven, dangerous techniques (including dermal fillers, normally injected to smooth out facial wrinkles) are still offered by dodgy practitioners and black-market dealers, men are now able to seek out safe, affordable treatments. So, in

Hung jury: how do you measure up to what women have described to be their perfect proportions?

PERFECT TOO BIG LENGTH LENGTH LENGTH 8.5" GIRTH GIRTH Glasser's opinion, should guys be taking test that consists of emailing a handful cues from him and his well-endowed of my female friends, asking about their

colleagues? The short answer is no.

By getting hung up on size and shape, he argues, we're losing sight of what's important. "Some guys like big breasts and some like small breasts. Well, some women like big dicks, but the majority prefer 5.5in-6in," he says. "The vaginal canal is limited in length. So in scenes showing guys with 8in penises, they're hitting the girl's cervix. That's painful.

"As a guy who's slept with thousands of women, and has a very long, thin penis, take it from me: you will not be popular on account of your size with the majority of women. It might be a fantasy, and they might screw you, but it's highly probable that they will not want to stick with you. Good oral skills will make you more popular than having an 11in dick."

Girlfriends' reactions to penis size are treated with hostility and suspicion on penoplasty forums. "Well, she would say it's OK, wouldn't she?" is a phrase I see repeated near verbatim by men pouring scorn on partners' reassurances about their size. I decide to run an unscientific

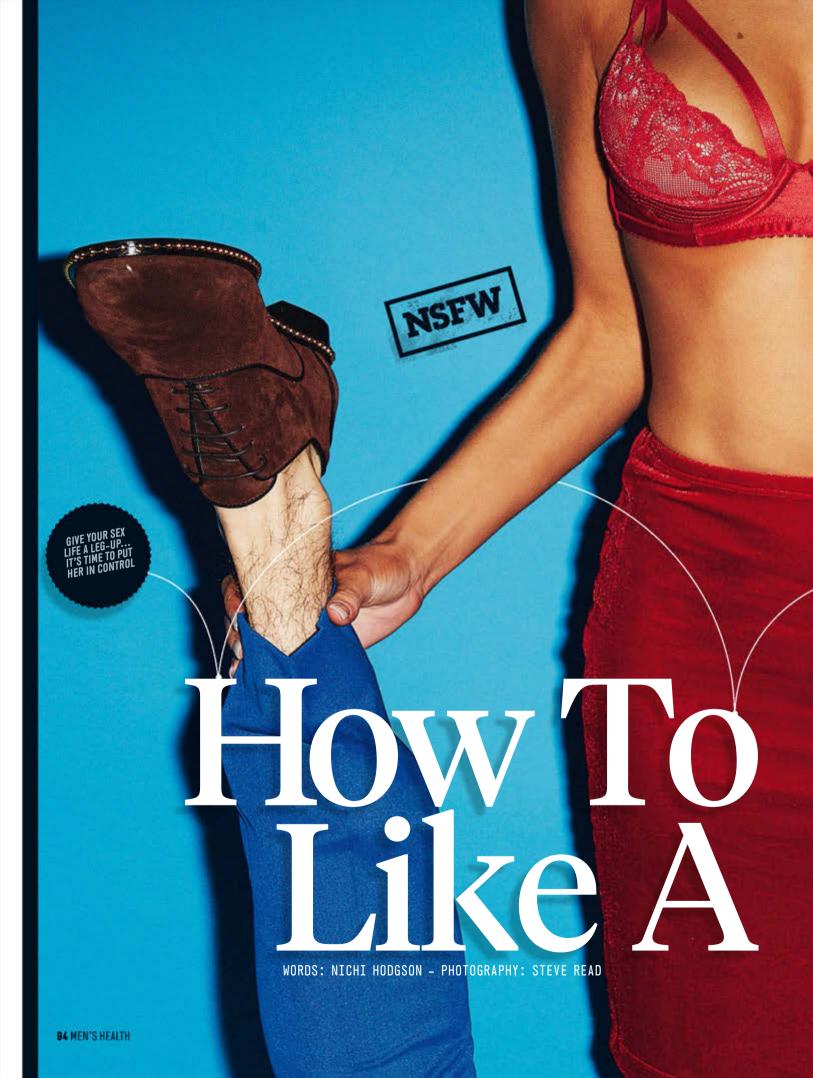
thoughts on male insecurity surrounding penis size. Interestingly (thankfully) I'm inundated with replies, ranging from slightly raunchy one-liners to heartfelt missives. The most sensitive reads: "I'd be less worried about his penis and more worried that expressing that kind of doubt was a way to cover up some kind of insecurity in our relationship." The women I speak to admit they might giggle about - even ogle - an XL appendage as men might a pair of especially large breasts. But that's not the same as wanting to make it a regular fixture.

Maybe it's not that complicated. Maybe it's not because cultural and societal shifts have seen porn stars become male role models. Maybe it's not because we've been conditioned to believe this is necessary if we're to be considered good in bed. Maybe it's just because we can. A big cock has become a desirable commodity, and at £6000 is on a par with an expensive watch or a cheap car.

without going under the knife - losing weight will strip fat from your pubic bone and uncover your full potential

If £6000 is all that stands between you and a lifetime of self-confidence, who can argue against it?

Of all the people I speak to, it's perhaps Dr Ramani Durvasula, a clinical psychologist from LA, who best can. She counsels against surgery as some kind of panacea for male anxiety or simply as a one-stop pick-me-up. "On one level I get it. The procedures exist, they're a little safer, more affordable. So men can avail themselves of a little penile primping without dwelling on it too long," she says. "But the downstream effect of cosmetic surgery is often disappointment. You're the same guy, just with a prettier penis. The big return you've been waiting for may not come." O





he enduringly risible *Fifty Shades* phenomenon really hasn't taught us girls anything we didn't already know. So the majority of women fantasise about being dominated by their partners? It's always been that way. You're just learning to deal with it.

More surprising perhaps is that men are starting to want in on the act. A recent study in the *Journal of Sexual Medicine* reported that men have submissive fantasies in equal measure to us.

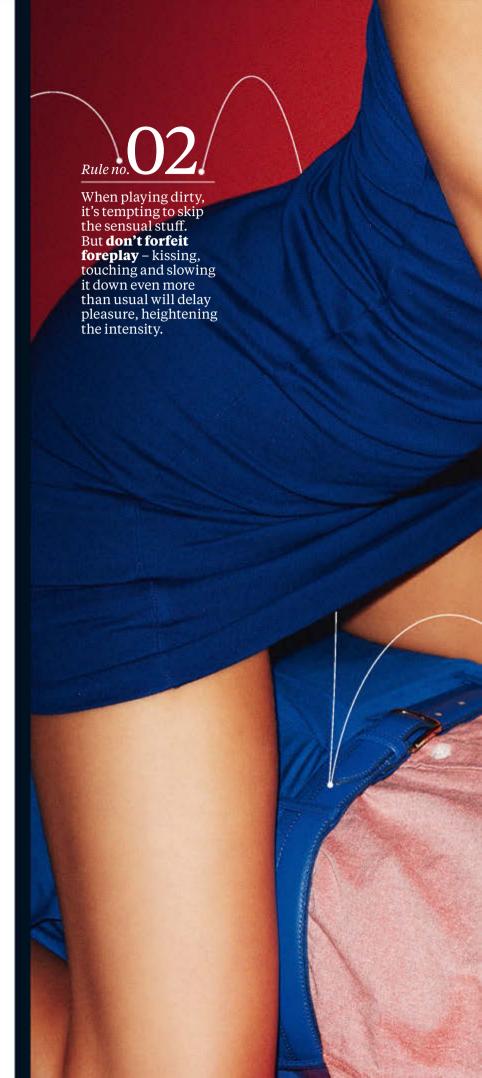
Alas, society doesn't give you guys much opportunity to explore your acquiescent sides. Big Strong Man is expected to be both gentleman and beast, to throw us against the wall, give us multiple orgasms and not fall asleep before we do.

And women still want that. Sometimes. But we are nothing if not mercurial. The study also found that those who have submissive fantasies are far more likely to entertain dominant ones, too.

So, imagine if, instead of playing 'hunt the pleasure point', you were ordered where to touch, stroke and lick to get her off. Imagine being able to turn up the heat for both of us without having to lose breath. Gentlemen, it is possible. All you have to do is let us take the reins.



Nichi Hodgson, pleasure editor



Trussed Issues

Testing new limits? You'll need professional dominatrix
Beatrice Winberg to show you the ropes... if rope's your thing

Hello Miss. How do I encourage her to dominate without telling her to?

Welcome, bitch. The best way is to give her extra positive feedback whenever there's a chance for her to call the shots during sex. For example: "You look so hot when you ride me." That's a good start. Pleasure, you see, works on a feedback loop. If someone expresses delight from any activity, you're likely to get pleasure too and to repeat that act. Otherwise, "I'd love to worship you" rarely fails.

Um, OK. But is she *really* likely to be up for it?

Absolutely. Even so, make sure you sell your adventure into submission as a

mutual experiment, and a way of maximising *her* arousal.

If she thinks it's all about exploring your freaky side, she's less likely to be receptive.

Yeah but, it sort of is about my freaky side...

If you're confessing a fetish, be prepared

for her 'squick' face (the face someone makes when they are weirded out by someone's kinky desires). But remember that her reaction to how you describe an act out of context doesn't mean you can't try and renegotiate later.

What if she gets carried away?

That's one of the main reasons guys can be unwilling to submit - you might want her to play with your behind, but freak out at the thought of a dildo up there. Similarly, she might love the idea of you worshipping her feet but would feel less enthusiastic about you ejaculating on them. Set boundaries, and don't play on the same day as you negotiate. If she's shown no signs of wanting to pummel you from behind before, it's unlikely she'll unleash the fury. Most find it hard to release their inner-demon, even when invited. And you don't need to give in to her every whim. It's the submissive, not the dominant, who sets the limits.



It's all very well buying fancy gear,

it? Always pre-test the equipment.

Let her take a practice swing

with a paddle before you play for
real. After all, her 'medium-hard'

might be your 'broken'.

but do either of you know how to use

Four Signs You're A Submissive

Chances are, you're already a yielder*. Nichi Hodgson shows you how to take it to the next level



Her on top rocks

You love the view and she loves the depth. Now get her to lean forward and cling to your chest – digging her talons in if you can take it. It'll give her the leverage she needs to get a more dynamic pumping action, while you let yourself be well and truly ridden.

O2 You're an oral aficionado

If you're already a pussyworshipping pleasure machine, take your devotion to the next level: swap going down for going up. Her on her knees with you licking from behind allows her to grind back on to your mouth for extra stimulation.

03

You love to wait

Give her the power to decide when you climax. Do this by setting a verbal command or by getting her to loop her thumb and forefinger around the base of your penis. When she wants you to slow down or pull out, she clamps tighter.

04

She gets mad, you get turned on

Do you get a little excited when she smirks and makes a sarcy remark about your laundry skills? Get her to berate you while you're having sex. The harder you get as she scolds, the more satisfied she'll be with your apology.



SUBMIT LIKE A MAN



Give In To Your Brain

Psychologist Jim Pfaus on how our taste for the sinful thrills of submissive sex come hard-wired

Build the tension

Much of the thrill of relinquishing control comes from not knowing what's going to happen next, which in turn generates a release of anticipation neurochemicals dopamine and adrenaline on a level with extreme sports. When tied up, we're toying with our fight-or-flight reflex in an exaggerated way, given that we can essentially do neither.

Put a sock in it

To the untrained eye, gagging looks ridiculous. But psychologically and neurochemically, it has a lot going for it. Hampering the ability to shout for help releases adrenaline while the mild threat of asphyxiation produces an opioid release, mimicking the experience of orgasm during sex. Safe words are hard to express when gagged. Pick a gesture.

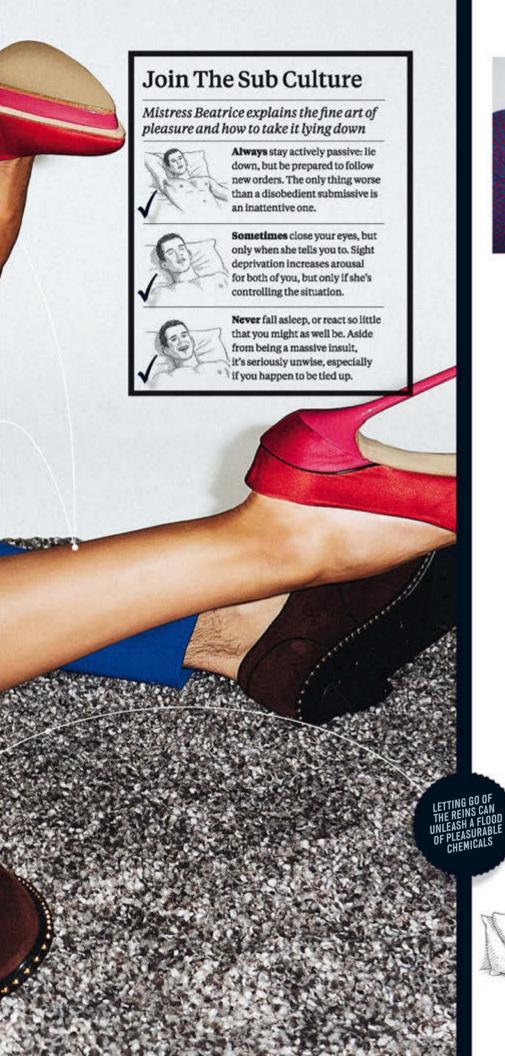
Be a naughty boy

The chemicals released by your brain when you orgasm are the same as your body's natural painkillers when you hurt yourself, or think you're about to. A well-paced, brusque spanking, or hot wax dripping on to your chest, can lead to a feeling of genuine euphoria.

Stop yourself

Pleasure that rests on increased arousal raises your dopamine levels, so you value the outcome more. The longer the wait, the greater the eventual pleasure. But ignore the tantrics: orgasm denial can be

plotted on an optimality curve. Tease someone too long and they'll simply lose interest.





Compromising Positions

You can get all the benefits of submission without going anywhere near a gimp mask, says Hodgson. Just so long as you know where to draw the line



Gagging for it

Don't use a ball-gag. Drooling like an OAP isn't sexy. Plus, you know, *Pulp Fiction...* **Do** get her to stuff her knickers into your mouth – it has the required silencing effect, plus

the obvious olfactory benefits.



Tie and tease

Don't buy a latex straitjacket online. You'll curse, sweat, and feel like a *Dr Who* extra. **Do** get her to use two silk scarfs – one as a blindfold and one to tie your wrists.



Spank you kindly

Don't allow her to use a cricket, baseball, or any other kind of bat on your behind. **Do** let her bend you over the bed and give you 10 of the best with her bare, cupped hand, lightly colouring the cheeks.

Know Your Limits

Use this sliding scale as a guide to make sure that your gains always outweigh your pains

Cuffup:1

An oldie but a goodie, cuffs should be loose enough for you to leave them on overnight. She's in control, you're in Pleasure Town.

Cock ring: 2

Designed to keep you harder for longer and swell to preclimactic levels. It'll feel good for you, even better for her.

Wax play: 3

The thrill is in the anticipation of the drip. Have her blindfold you first to heighten your senses – and your enjoyment.

Face-sitting: 4-5

You lie down and she straddles you with her knees either side of your head before lowering herself down. You feel enveloped, euphoric and mildly asphyxiated.

Caning: 6

She's the one that needs the skills here; striking bum cheeks without hitting down the legs is trickier than it looks and can be the bad kind of painful.

Dildo-gagging: 7-8

Slide a vibrator into her and control it with your mouth. It may not sound hazardous, but one twitch in the wrong direction and you'll have a lot to swallow.

Strap-on: 9

The ultimate physical act of male submission and the most uncomfortable. If you're not keen, at least you'll know how she feels when *you* suggest anal.

Cuckolding: 10

Only the most bulletproof and enduring of relationships can cope with another man – or 'bull' – pleasuring your woman while you watch.



bmission Impossible





01

LIVER STRONG

Lance Armstrong injected himself with erythropoietin (EPO) because it boosted his red blood cell count, allowing him to deliver more oxygen to his muscles and cycle for longer. A natural – and legal - way to up your erythrocytes is to eat organic chicken liver. OK, so you're not going to gobble some halfway up a category-one climb. But eat 100g of pan-fried chicken liver for dinner the night before for 281% of your daily dose of blood cell-constructing B12, and soak up the benefit.

02

MASSIVE GRAINS

Quinoa, the South American wonder-seed is packed with a naturally occurring steroid that transforms puny muscles into Arnie-sized slabs of meat. "Eating quinoa will provide you with a regular supply of ecdysterone, which one study showed was more effective than the anabolic steroid Dianabol," explains sports scientist Tim Lawson. A diet high in ecdysterone and protein increases muscle mass by up to 7%. Combine quinoa with pork, chicken or lamb three times a week for body-transforming results.

03 HIT A BIRDIE WITH BEANS

Beta-blockers like betaxolol - developed to manage heart conditions - have been outlawed in golf for their heart-relaxing, handsteadying effects. But a pre-game portion of soya beans will mimic the same function by lowering your heart rate so you stay icecool under pressure. A 2007 German study proved that the phosphatidylserine from soya beans aided the accuracy of golfers' tee shots by 15%. Which could explain why it's so hard to find a golf club that'll sell you a soya latte.

04 (a) GO COCO

The metabolism-boosting benefits of cooking with virgin coconut oil – three times more effective than other oils, according to recent research – are well documented. But to harness its raw fat-burning power, spoon some into your pre-gym shake; a study in the *Journal of Endocrinology* proved that coconut oil elevates muscle-strengthening growth hormones for four hours – ideal for a pre-workout boost.

05 🔊 Up your game

Creatine's not only great for muscle building – its effects can be truly mental. "At times of cognitive stress such as sleep deprivation or jet lag, a small dose may aid brain function," says nutritionist James Collins. Venison is the safe alternative to a Ritalinand-whey shake, helping you recover faster from the gym or a long-distance work trip.



06 **(a)**Eat beta to be alpha

Your pre-triathlon nutrition plan just got a lot tastier. "Prawns are rich in the amino acid beta-alanine," explains Collins. "During high-intensity exercise, there is an increase in acidity within the muscles that causes fatigue. Betaalanine buffers this, so you can exercise for longer." It only works with regular intake, so eat other betarich foods such as mackerel or turkey 14 days pre-race. They look less suspicious in salads than a sprinkling of illegal narcotics.



07 GOT GOAT?

If it's calmness and clarity you want, why turn to mindbending drugs when you can just splash goats' milk over your muesli? The amino acid tryptophan is an essential precursor for mood-improving serotonin – the very same neurotransmitter activated by amphetamines – and goats' milk contains significantly more of the building blocks for tryptophan than the bovine alternative*.

08 GRASS UP DOPERS

Its effects may not hit you as quickly as a dodgy online testosterone patch, but a slab of carnitine-rich grass-fed beef post-gym is a far tastier way to increase T and enhance muscle repair. Marinate it in rosemary and oregano – Kansas State Uni found this slashes cancer-forming heterocyclic amines (HCAs) by 88%.





10 **(a)**OIL YOUR WORKOUTS

"Kalamata olives are a top source of the polyphenol hydroxytyrosol which triggers the body's production of mitochondria, the battery-pack of a cell which converts fuel into energy," explains Lawson. With a higher number of mitochondria, you can funnel more fuel to your muscles, for EPO-like aftereffects. Ten olives at lunch will also give you 2.7g of monounsaturated fats to stoke your evening workout.

11 **3**BREAKFAST OUEF CHAMPIONS

Androstenedione is a T-level-boosting hormone supp with a rep for abuse in sports. But it can't beat eggs for hatching new muscle. "The cholesterol in eggs is a steroid hormone used to support your natural testosterone development," says nutritionist Matt Lovell. Triple dose and soldier on: one research paper showed that strength-trainers who ate three eggs a day were able to gain double the muscle of those nibbling a solitary orb.

12 **(a)**Herbal clarity

At least eight NFL players were suspended in 2012 for amphetamine use – but yerba mate tea can be just as good for improving your focus. Drink a mug before a big game and you'll perform better too: a 2014 study proved yerba mate boosts fatty acid oxidation – a key process in energy production – by 24%.



13 (a) OPEN A CAN OF WEIGHTLOSS

It's a well-established fact that oily fish is good for your health, decreasing fat mass by up to 0.5kg*, but sardines tend to get overlooked in favour of their less-tinned cousins. Munch on sardines with hunger-busting wholemeal bread at lunchtime for a double weight-managing hit. Heavier going than a course of diuretic xipamide, yes, but at least you won't get hit with a 12-month suspension, a la Belgian cyclist Frank Schleck.



14 🧶 Staady

Steady the nerves

According to an Australian review, lycopene can lower blood pressure, imitating the performance-enhancing beta-blocker propranolol used by Korean shooter Kim Jong-su to steady his hand at the Beijing Olympics.

One wedge of watermelon has 13mg of lycopene – the same as a tin of tomatoes.



JAIL-FREE JALFREZI

For a rapid mental pick-me-up before a big night out, leave the white powder to D-list Big Brother rejects and sprinkle turmeric in your curry instead. "Turmeric is a wonder spice that helps burn fat and reduce muscle soreness, but it can also have important effects on mood," says Lawson. A study in the Journal of Psychopharmacology revealed that the curcumin in turmeric ramped up alertness within 60 minutes for an all-natural buzz.

16 (a) SCRUB UP ON WORMWOOD

Swapping your builders' brew for a cup of wormwood tea could help you lose weight – and, unlike the diuretic amiloride, it won't earn you a ban from the International Weightlifting Federation.

A Korean study showed artemisia – the plant family from which wormwood derives – can double the rate at which muscles burn fat to help you torch real blubber instead of just peeing out excess water.

17 **W**BULK UP THE CHEESY WAY

Give your evening workout a shot in the arm by eating a dollop of ricotta before you leave the office. The creamy Italian cheese contains the amino acid glutamine which can spark a rise in bodybuilding human growth hormone (HGH) within just 90 minutes, according to a study in the American Journal of Clinical Nutrition.



Illegal EPO enhances your power output, but then it also has you stripped of all your Tour de France titles. A study in Nutrition and Metabolism showed nitrates in rocket elevate the power output of cyclists by six watts. "Gram for gram. rocket is the best source of nitrates which help you produce more power for the same amount of oxygen," says Lawson. Mix in some beetroot and spinach for an extra blast of the stuff.





19 **o** Magic powder

Clenbuterol illicitly ramps up your metabolism, but it'll also speed up the end of your sporting career. Stick with the miracle powder cinnamon instead. "Cinnamon has a thermogenic effect which increases energy expenditure and fat oxidation and reduces your body's propensity to store fat by regulating insulin levels," says Lovell. "Try to cook every dinner with cinnamon, cayenne pepper or ginger."

20 BROADEN YOUR FITNESS AMBITION

Just 100g of broad bean soup provides your body with 250mg of L-DOPA, which a study in the *Journal of Clinical Endocrinology & Metabolism* showed to stimulate the production of human growth hormone. Sup on these green muscle-building machines with a sizeable dollop of cream –the animal fats will give you a bonus burst of the aforementioned, and totally legal, steroid cholesterol.

21 (a)
DON'T RIDE
YOUR LUCK

As good jockeys know, there are ways to trigger rapid weightloss without diuretics like triamterene. "Chicken broth is used in a low-residue diet – a nutritional strategy for athletes trying to make weight," explains Collins. "A low-residue diet reduces the undigested food and fibre contents of the gut which can weigh 0.5-1kg." So you can lose weight before that big race... or beach holiday.

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22 🥸

Smoke for health

Sprinter Dwain Chambers received a two-year ban in 2003 for taking the steroid tetrahydrogestrinone. But smoked salmon can increase your body's natural muscle-boosting anabolic, testosterone. "Smoked fish doesn't need cooking, so more testosterone-saving fats stay intact," says Lovell. Eat it with your scrambled eggs in the morning to keep your natural steroid factory operating all day long.



THEY SAY EPO, WE SAY TOMATO

Slice toms into your salads and sandwiches to power up your bike rides - without resorting to oxygen-boosting doping. The vit C in tomatoes helps your body absorb iron, a vital component of haemoglobin, which carries oxygen to your working muscles. The American Journal of Medicine suggested healthy iron levels ramp up blood cell volume by 5-7%.



NUMBER 1 SEED

Mexican boxer Julio Cesar Chavez Jr was suspended after taking the diuretic furosemide, but chia seeds from Mexico's native mint plant offer a more organic route to weightloss. "Highfibre chia seeds increase your satiety and slow the rate of carb absorption," says Lovell. A 28g serving contains 42% of your daily fibre. Sprinkle them into your lunchtime salad to sow the seeds for a fit physique. EXTREME ALERTNESS To optimise your mental

performance without pharmaceutical help, snack on some cottage cheese and rye bread mid-morning. It may have a bad reputation as a cheesy '80s diet food, but just one serving of

cottage cheese contains a massive 1833mg of tyrosine, which is essential for the formation of noradrenaline – one of the mind-boosting neurotransmitters activated by illegal amphetamines. What's more, research carried out by the US Army conducted to prepare troops for the rigours of warfare, showed

that tyrosine can upgrade cognitive performance in stressful circumstances like cold-water immersion. So while your stress-free snack of cheese on toast might not be ideal for combat scenarios, it does make for a perfect breakfast before taking on an event like Men's Health Survival of the Fittest.





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ARE YOUNSEW SALE SALE FOR WORK 2

Ever sent a narky email in haste? Spoken to a colleague in a way that would make your mother blush? Our experts will keep you out of the HR dangerzone, without making your worklife sterile

WORDS: EMILY BADIOZZAMAN PHOTOGRAPHY: JULIAN BENJAMIN

mmmmm

THERE'S MORE TO BEING NSFW THAN WHAT LIES IN YOUR INBOX. CHECK YOUR DESKSIDE DECORUM TO EXCEL IN THE OFFICE



EMILIE COLE
Partner at Bindmans
LLP, challenging
discrimination
for 30 years



Founding partner
of Doyle Clayton,
the UK's largest
employment law firm



MARC BISHOP
Managing director
of PlusHR, a top
human resources
consultancy



Head of equality and employment rights at the Trades Union Congress



DALE LANGLEY
Founder of
employment law
experts Dale
Langley & Co

OBS WRITING ALL VIEWS MY OWN' ON TWITTER GIVE ME

CARTE BLANCHE? Social media experts would have us think we should be posting our every thought. But while your tweets about the Champions League draw get the green light, more sensitive details could have you busted. "There was a case where a probation officer dealing with sex offenders also happened to operate an entirely legal sex toy business. which they frequently tweeted about," says Scully. "Their employer dismissed them and a tribunal ruled it was fair as the day job was so sensitive. If what you post affects your working relationships, you could be liable." Keep borderline banter @nonymous.



MY BOSS IS... CHALLENGING. SHOULD I TALK TO HR?

No matter how irritated you are at working overtime, tackle it informally before slapping him with an HR complaint. "Go for the jugular and they will almost certainly talk to your boss about it while investigating the issue," says Clayton. "That could make the situation less pleasant. There are no guarantees that HR will agree with you or that you won't have to continue to work for him." Meanwhile, protect yourself by logging incidents in a diary, and know that should he up the tempo to get back at you, HR is responsible for protecting you against retaliation. No risk of a work 'emergency' rearing its head during the Six Nations finals.



MANDARIN ON MY CV?

Only if you actually do, or if you don't mind getting sued. Elaborating on your hobbies might be thought of as customary but think before you claim proficiency at something you haven't done since your GCSE years. "Put simply, lying on your CV is fraud and it's illegal," warns Langley. "There are now online systems that make it very easy to perform these checks in minutes and uncover the truth about what your qualifications are. It's also possible for an employer to sue an employee for damages suffered as a result of fraudulent or negligent misrepresentation." But it's not all bad news. If your lack of bilingual capabilities has only been exposed because the company needs them at a particular time, prove your worth by citing examples of when you excelled in your role, made the company money and why you can do the job better than anyone else. And if you've been an employee for at least two years, any dismissal has to be fair in terms of overall context, which may just save your sweet and sour pork.





A few ROFLs shared with vour desk buddies can often make the day go by, but misjudge the guy and an overzealous HR rep could string you up on two counts: misuse of company property and causing offence to your colleague. "This falls under the same area of the law as sexual harassment," says Scully. "If somebody is offended, particularly if it touches on things like race, gender, age, disability or sexuality, they're entitled to raise a complaint and you'll be investigated and put into a disciplinary." Your defence may be that your colleagues laughed, but if someone says they felt compelled to, their claim remains strong. You could end up fired but if it's a one-off, it's more likely you'll be issued with a warning. Think twice before sending round that hilarious 'Which ethnic minority are you?' quiz,



DO I HAVE TO BE FRIENDS WITH EVERYONE?

What you see as choosing to go for a pint at lunch without the office killjoy looks a whole lot different at an employment tribunal. "By the letter of the Equality Act. being regularly excluded from team fun gives 'the boring guy' the right to complain on the grounds of bullying in the workplace," says Bishop. And it could play part of a much bigger case against you or your company. In a case involving Deutsche Bank, a woman won tens of thousands of pounds when a group of female colleagues isolated her, including systematically not inviting her to lunch. "A single incident is unlikely to be dangerous," says Scully, "but if it's part of a pattern of being unpleasant to somebody. you could end up in front of your bosses, or a judge."

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ONCE WE'RE DOWN THE PUB,

Depending on how rowdy it gets, you could have to face consequences far bigger than your hangover. Wherever you are, whatever time of day, your colleagues are your colleagues and the rules of the office apply - as does employment law. "Slagging off the boss, flirting with a team leader or being boisterous with clients can see you being hit with disciplinary action for reputational damage, sexual harassment or discrimination," says Bishop. True, when you're a few pints down, less is expected of you than in the office, but it still comes down to social norms and common sense, "You'd be surprised how many cases I've had of people hitting their boss at the office party," says Scully. "Obviously they get fired."



HAVE A CRUSH ON A COLLEAGUE.

If Sue from accounts isn't feeling your boundless bounty, a seemingly playful pick-up line could count as sexual harassment, regardless of whether you expressed your intentions in the bar or by the watercooler. If she's offended by your advances, or even just feels uncomfortable, that's enough to warrant a sexual harassment complaint. However, if sparks fly in a good way, the company has no power to stop you from hooking up, since this would breach your right to a private life. Even so, it's worth checking your specific employer's policies as you may need to disclose the fact that you're having a short-term fling. You can spare your boss the intimate details - they just need to know if it's going to affect your work.

I'M A MAN. CANIBE SEXUALLY HARASSED?

Yes - and it's a very real problem too. According to Catalyst, more than half of men have left an incident unreported. while men account for 17.6% of cases. If your colleagues swoon and ask you to flex, it can make working life pretty uncomfortable (particularly during client lunches). And it needn't be that brazen: a man in Reading won a case against his boss citing behaviour like pressing her chest against him when she squeezed past and bad-mouthing his wife. Express discomfort to them directly, says Cole. "If they continue to act unprofessionally, you have the basis for a claim." That ought to throw a bucket of ice on the office heat.

ISPEND

ON FACEBOOK?

If it's during your lunch hour then like, comment and stalk away. Outside of that, any time you spend on social media could be reflected in a deduction in your pay packet as your company has the right to say that it's time you should have spent working for them. An employer is only required to pay you for the hours you work. In theory. your hour-a-day habit could equate to 260 hours a year. or approximately 6.5 weeks in lost earnings, says Bishop. Stick that on your newsfeed.

PROMOTION?

It doesn't matter. Sharing a pillow with the boss is fine in terms of employment law, as long as your colleague doesn't get preferential treatment as a result. Still, most businesses have a policy specifically set up to deal with this situation, and generally employers tackle it head on by moving one party to another team, says Cole. If you think you're going to lose out on that promotion you're aiming for, you can ask HR to take your boss out of the process and get a peer of equal seniority from another department to give you a fair judgement.

LITTLE WEED

As long as you're not huffing glue in the stationery cupboard or operating heavy machinery under last night's ebbing influence, you can't be fired straight up for taking drugs in your own time. Of course, says Scully, every case is different. If you're the kind of boss who acts as a role model to your team, vocalising about a recent weekend fuelled by media diesel will land you in more trouble than if you're a junior partaking in a private joint. Take *The Wolf of* Wall Street as a warning, not the dream.



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raers Hew do you cure a of drunkards, bi its way from one week to the next? Nalm a new wonder drug the NHS hopes will haul us back on the wago Three MH writers up to see if swapping for pint is the answer

Photography by Jobe Lawrenson





TESTING IN PROGRESS

ere's a fact to sober you up: the NHS estimates one in 10 of us suffers from alcohol dependence. Not alcoholism as such, but a hook, a hang-up, a shlightly shlurring monkey on the back. You might be the kind of person who pours himself a civilised glass of red with dinner only to find you've quaffed the bottle by bedtime. Maybe you only drink on weekends, yet sink enough on a Friday to fell a small mammal. Either way, it's highly possible that you're one of the 600,000 people the National Institute for Health and Care Excellence (NICE) says is eligible for new prescription drug nalmefene.

A so-called opioid receptor antagonist, it's a pill that claims to reduce the pleasurable effects of alcohol, thereby limiting the amount you're likely to consume. Pop one an hour or two before your first drink and the desire to imbibe is quashed. For those of you who have mislaid your off-switch, nalmefene helps

THE MEN'S HEALTH TEST CONDITIONS We say if you want something done, do it yourself. So we gave three writers, each of whom has a very different relationship with alcohol, three courses of nalmefene to test its efficacy. Would they be cured? Were they ever even ill? And - if so when one drug the solution to another, where exactly does that leave us?

you relocate it, acting as a chemical landlady by calling time before you get carried away. It doesn't stop you drinking per se but, by making alcohol less enjoyable, it supposedly helps summon the willpower that so often eludes us.

As of last November, nalmefene became available on the NHS, and not without some demurral. Your GP should only prescribe it if you display the symptoms for alcohol dependence and agree to some counselling alongside the meds.

This in itself has created more uncertainty: how do you know whether it's the drug that's working (or not) or the therapy? "The truth is we can't be sure," says Dr Niamh Fitzgerald, lecturer in alcohol studies at the University of Stirling. "In some studies, those who took nalmefene reduced their drinking by little more than the placebo group. But reports also suggest the pharma-backed data in support of its effects are weak. There's an urgent need for independently conducted trials into this drug."

Until then, *Men's Health* decided to conduct an (admittedly crude) experiment of our own. This one's on us.



The Daily Drinker

Name: Robert Crampton Age: 50

Units consumed per week: 50+

wouldn't say I had a problem with drink. But then, show me the guy who admits he has. Even the bloke swigging on the park bench at 9am will say he's got it all under control. I've a good job, decent health, a happy marriage and two lovely children. A regular drinker I may be. But a problem? No way.

I enjoy a pint after work – not every day, but then not always just one either. Half a bottle of wine of a weekday evening, more than half on a weekend, more again on a special occasion. Chuck the odd cocktail and nightcap into the mix and I'm looking at 50-plus units

a week. Which means I'm downing more than twice the government's recommended limit for a man. It doesn't even touch the sides.

Sound familiar?
Roughly two million of us routinely consume amounts of alcohol likely to cause medical harm. Only a fraction of that number comprises

caricature alcoholics: chaotic, jobless, often homeless. It's increasingly people like me – middle-aged, middle-class men – who are the cliché.

Nalmefene is aimed at us clichés. I'm the guy who knows he must cut down but would hate to stop altogether. I'm also the one who recognises that lately he has found the business of cutting down more difficult than it used to be.

So I took one tablet a day for three weeks. What happened? Well, there were no deleterious side effects. No nausea, dizziness or drowsiness. Others may have a different experience, but my body did not signal that the substance was having any physical impact whatsoever.

Yet the upside was considerable. Swiftly, and for the duration of the experiment, my alcohol consumption dropped right off. From the 50 units a week detailed above, I put away fewer than that over the whole three weeks.

Of those 21 days, eight were totally dry. Those were days during which I considered uncorking or unscrewing, but decided against it, and without any craving. There was, I'm ashamed to say, one very wet day, although not as wet as it might once have been given similar circumstances (namely: four old friends, serious peer pressure, a bottle of tequila and my wife away for the night). Ah well.

I also had – and this is the point – 12 days that included just one, two or three units of alcohol. Perhaps a large glass of wine; occasionally one pint of beer.

That's the sort of drinking we – and our wives, and our doctors – can live with. No silliness, no social upsets, no hangover, no weight gain, no significant medical or financial fallout. Happy days, right?

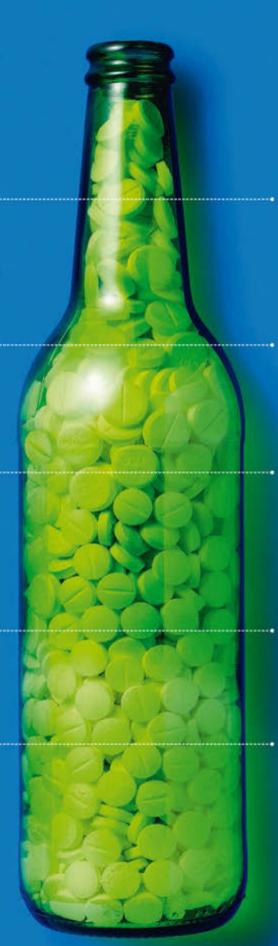
On balance, yes. Many eminent figures in the field of alcohol dependency would go along with that. Professor Carole Longson, director of the Centre for Health Technology Evaluation at NICE, for instance, concludes that nalmefene "works well and is good value. It adds to our range of treatments. But it isn't just a pill to take in order to carry on drinking."

That remark is in response to critics who have branded nalmefene the latest 'lifestyle' drug, suggesting that something that can help convert a 10-pint binge into a six-pinter isn't really addressing the underlying issue of Britain's growing dependence on

booze. "We can't medicate our way out of social problems," argues Professor Mark Bellis of the UK Faculty of Public Health. "The idea that all health issues can be solved by a drug is dangerous."

Professor Bellis sees minimum pricing, health warnings and a clampdown on advertising as the way forward. He wants alcohol marginalised in the way cigarettes have been. Not everyone agrees. "We have to start where people are," counters Julia Sinclair, consultant in alcohol liaison at University Hospital Southampton. "Nalmefene can be an intermediate step, a way of allowing people to engage with their problem and get information and help."

For my own part, nalmefene appeared to help me rediscover the ability to stop before reaching the point of excess. It helped me turn back into the moderate drinker I had been and the one most of us would surely choose to be.



On The Rocks

How much is your drinking habit really costing you?

35+ units per week

This is "excessive drinking", putting you at high risk of an alcohol-related demise – such as liver disease, heart disease, or being the victim of violence. Drink this many units and you're looking at making a serious dent in your life expectancy.

28 units per week

The average amount of alcohol consumed by British men costs us each an estimated £934.44 per year. Cut down on your consumption by half, and you've got enough money left over for a European city break.

21 units per week

Surveys show we're hungover for 24 work days a year; this collective nausea costs the UK economy £25bn a year. Quarter the amount you drink and you've bought yourself an extra six days of clearheadedness – enough for an ascent of Mount Kilimanjaro.

14 units per week

Moderate drinking, classed as two units a day, is known to increase life expectancy by up to five years. But stick to vino tinto; a double G&T won't have quite the same healthy punch.

O units per week

A troubling 72% of heavy drinkers experience some form of sexual dysfunction, most commonly premature ejaculation, according to a study in the *Indian Journal* of *Psychiatry*. To have a *really* good night, go teetotal and save your energy for the bedroom.

02\

The Social Drinker

TESTING

Name: Matt Blake

Age: 33

Units consumed per week: 35-40

'm no hardcore boozehound, staring into an abyss of wasted opportunities and empty cans of Special Brew. But I do drink. Never alone – it's strictly social. Even so, like most men my age, I knock back more than most domestic and global health organisations think is wise: about 35 units, or 15-odd pints, weekly.

I go out on average five nights a week, drinking two or three pints a time. Not out out, but to the pub after work or for dinner with my girlfriend. I don't set out to get drunk, but when you're hanging out in a pub all evening, where's the impetus not to get another round in? I don't think that's unusual. Then again, waking up more than half my mornings feeling groggy and regretful is no fun.

The first time I took nalmefene was a Thursday. It wasn't going to be a big night, just a couple of impromptu jars with a colleague; the usual recipe for an unplanned hangover. An hour into the evening, my lager began to taste peculiar and drinking became more of an effort with every swig. I managed two pints and left feeling a little fuzzy, which

I put down to the beer.

"It wasn't just the alcohol that I stopped enjoying, it was almost everything"

When I went to bed that night, I didn't sleep a wink. I've never suffered from insomnia, but lying there, cursing the tick-tocking clock, I became aware of my beating heart. It felt faster than usual, not quite right.

On Saturday afternoon I popped a pill and went to meet friends in the pub to watch the football. My mind began to wander. My friends asked me if I was OK. They said I seemed detached. I struggled to follow conversations and grew bored. I wanted to go home, but pushed on because I didn't want to be the killjoy of the group. But by 9pm, I'd had enough and beat a retreat.

It was the same story each time I went out over the next 10 days: sleepless nights, detachment, headaches, a palpitating heart. I soon realised it wasn't just alcohol that I had stopped enjoying;



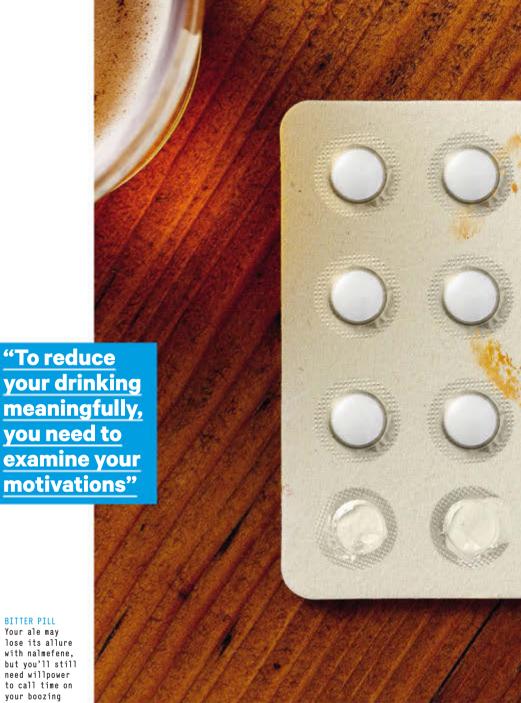
it was everything. Even sex with my girlfriend seemed to lose its edge. But was this the drug or some kind of psychosomatic reaction? "It is perfectly feasible your experience was a result of placebo," says Matt Field, professor of addiction at Liverpool University. "When the manufacturer trialled the drug, all participants reported a big reduction in drinking, even those who received placebo. So everybody's drinking went down, simply by virtue of taking part in a trial. The number of side effects were similar too. So, in my view, you have to be cautious in attributing what you experienced to the pill."

Nalmefene never really stopped me drinking. It just ruined my night. If you were the joyless sort you could say it worked, at least in part. But it did little to help me understand why I drink to such an extent. Whether it's the cultural by-product of a busy life or the result of physical or biological dependency, I'm no clearer. That's because we blur the line between the two, says Bernd Leygraf, a consultant psychotherapist specialising in addiction. "Peer pressure is a powerful motivator to drink but dependency is a real issue too," he tells me. "Especially in the case of working-age men, it's almost always a form of self-medication for stress or anxiety. To reduce your drinking meaningfully, you need to examine your own motivations."

I decided my own reasons for drinking stem from the desire to bond through shared experience. I put it to Leygraf that this is important in itself and the way meaningful relationships are nourished. "Absolutely," he concurs, "but that doesn't mean you have to drink every time you go out. Breaking an addictive cycle is hard to do alone. Most people need peer support to change friends who suggest going for a coffee or seeing a film instead of another fix."

Ah. That, it seems to me, is the heart of the problem. The support I require to limit my alcohol consumption must come from the very peers who pressure me into drinking in the first place - and the double shots they're ordering don't flow from an espresso machine.

In lieu of a magic pill, or a sudden teetotality among my mates, my greatest weapon against one more pint remains my own willpower. And I am determined to strengthen my resolve. In the morning. Tonight I'm meeting a friend. If anyone needs me, I'll be in the pub.



BITTER PILL

Your ale may lose its allure with nalmefene, but you'll still need willpower to call time on your boozing

The Binge Drinker

Name: David Morton

Age: 32

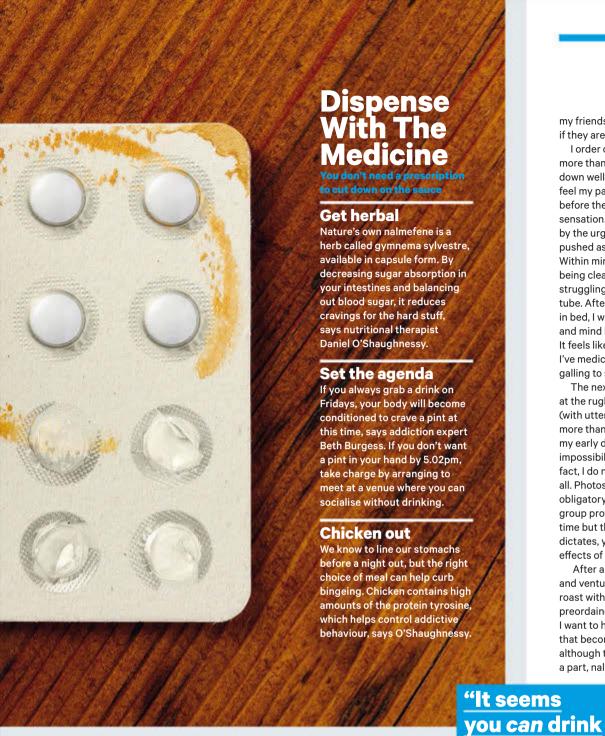
Units consumed per week: 40



am a strict practitioner of 5:2 Boozing. It's not a diet and you won't have seen the book on Amazon's best-seller lists, but it's very simple: you don't drink at all on the five 'school-nights' of Sunday to Thursday. You're a professional, modern man, after all. Then on Friday night and Saturday day/night you get as intemperately tight as possible.

If that sounds like your sort of thing, you've got company. In a recent World Health Organisation study of drinking habits across 196 countries, the UK ranked 13th for "heavy episodic

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my friends hate me? These all feel as if they are legitimate concerns.

I order cider. The sweetness appeals more than is perhaps normal and it goes down well enough. Even so, I can already feel my patience for the evening waning before the starters arrive. It's a strange sensation. I'm increasingly distracted by the urge to leave and a third pint is pushed aside after a single mouthful. Within minutes of the dessert plates being cleared, I'm out of the door and struggling to keep my eyes open on the tube. After an hour of zombie-like sleep in bed. I wake up in a panic; heart racing and mind bouncing around my head. It feels like my body is having the party I've medicated my way out of, which is galling to say the least.

The next night brings an annual party at the rugby club, a social event that will (with utter certainty) require me to have more than two pints, and one from which my early departure would be a social impossibility. I do not go home early. In fact, I do not remember going home at all. Photos privately shared on the obligatory next-morning WhatsApp group prove not only that I had a good time but that, if the situation requires or dictates, you can drink through the effects of nalmefene. And then some.

After a shower, I take my last dose and venture out for a lunchtime pub roast with old friends. Today has been preordained as a 'red wine Sunday'. I want to have a glass or two without that becoming a whole bottle and, although the hangover may have played a part, nalmefene did its job. I head

> home happy, sleep well and start my week with a clear head.

If, like me, you practice the 5:2 drinking system, then nalmefene isn't going to help. For drinkers like us, says Dr Fitzgerald, the cure is in our heads. "The key is thinking about why you want to cut down and what pleasure, joy and

health that might bring to your life, now or in the future," she says. "How much better life would be if you were less drunk, less hungover, less often."

I'm going to think about that a lot this week and hope that come Friday night I don't forget. And trust that, one day soon, I will remember.

drinking" - bingeing, in other words. I can raise a bashful glass to that. All of my social circles - university, work and in any way alcohol dependent (and if the red-nosed guys get a magic willpower pill, then I want to try it. My own test would be an impending

'big' weekend. The sort of weekend that veil of alcohol. As I pop a pill on Friday evening, an hour ahead of a boozy birthday dinner, I am beset with worry. Will I be no fun? Will I have no fun? Will

sport - have determined drinking cultures. I may not touch a drop during the week, but train trips home from rugby matches on a Saturday afternoon generally include a handful of warm cans, half a bottle of port and a swig or four of a neat spirit, all before 6pm.

through nalmefene's effects, and rest on Sunday, my drinking is below average until the following weekend. I had never considered myself as being then some" nalmefene guidelines confirm I would not qualify for it on prescription) but

My problem is I squeeze more than demands to be enjoyed from behind the a week's worth of booze into just two days and then, after a night of broken

MENSHEALTH.CO.UK MEN'S HEALTH 119







MensHealth

EDITED BY ERIC DOWN AND JAMIE MILLAR

The rain checklist

Dressing for cold is a breeze; warm is no sweat. But a wet spring is a soggy minefield. Don't let that dampen your spirits. Follow these rules to stay slick

PHOTOGRAPHY MAX OPPENHEIM | STYLIST ERIC DOWN | WORDS JAMIE WILLAR



The Stockholm coat is handmade in Sweden from rubberised cotton, with double-welded seams and pockets cut to keep out water. And yes, it also comes in black. Jay Z and Kanye have them, naturally.

RAINCOAT £200 Stutterheim

01\ Dip into the rainbow coat trend

Catwalks and stores alike are awash with technicolour raincoats this season. But one of the best around hails from a tiny island near Stockholm, Sweden. Brand founder Alexander Stutterheim based the design on his grandfather's old '60s coat but slimmed it down to make it, well, cooler. Yet despite Stutterheim's

fashionable status (it has recently collaborated with contemporary label Whistles), it's no fairweather fad. "Their coats are the real deal and incredibly well-constructed," confirms Selfridges' menswear buying manager Luke Mountain. In other words, they'll weather many more seasons to come.

1 2 2 Therainchecklist | 0 4 / 2 8 1 5



It's time to stop pouring money into falsely economical umbrellas that break at the slightest gust. "A quality umbrella should have a long-lasting wooden shaft, strong steel-sprung ribs that won't budge in the wind and a canopy that is stitched taut on the frame," says Jamie Milestone, the graphic-designer-turnedfounder of modern umbrella brand London Undercover. "Assess the fabric in the same way that you would with clothing: a cheap one will feel stiff like paper; a good-quality one will feel smooth and silky." Plus, the more you spend on it, the less likely you'll be to absent-mindedly leave it somewhere.



Wet behind the ears in umbrella terms, London Undercover (established 2008) combines traditional production and quality with current prints and colours. These neons will be a highlight of any look,



The best Savile Row tailor not besed on Savile Row itself, Anderson & Sheppard applies the same standards of craftsmanship to its suits as its umbrellas, which are made by Italy's oldest specialist manufacturer.

0

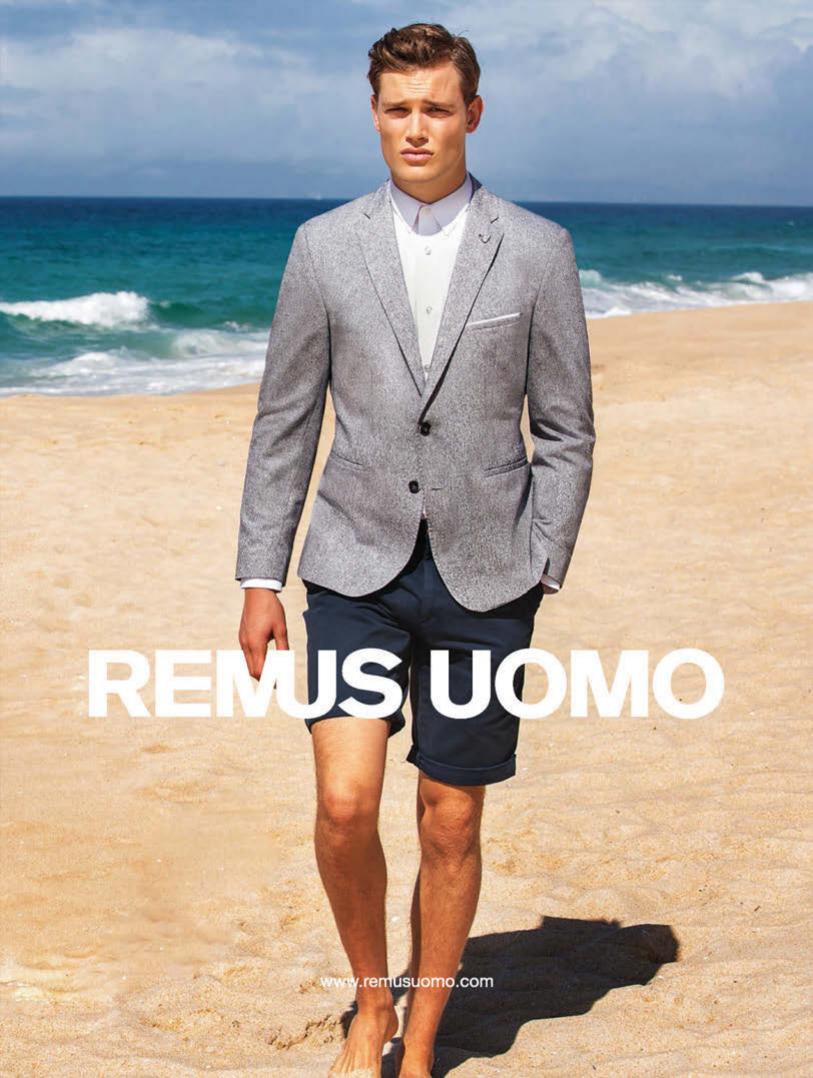
100 next year,
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of approval because it
fits close to your calf
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BOOTS £95 HUNTER

YELLOW UMBRELLA £125, BLUE UMBRELLA £110 AND ORANGE UMBRELLA (ON GROUND) £95 ALL LONDON UNDERCOVER ORANGE UMBRELLA £225

ORANGE UMBRELLA £225 AND RED UMBRELLA £225 ANDERSON & SHEPPARD וואוו אועם מהססייוועם. טססאון אבבאאועסבה או בולא טסוועם ובהין בהון פי הובוובט ן יאסט

ASSISTANTS: KARL DONOVAN, HENRY HUNT | SET DESIGN: TOM EAST AT EAST PRODUCTIONS | STYLIST'S ASSISTANTS: RICCARDO CHUDIONI, SARAH MENE, LAUREN MITCHELL





041 Splash out on a banana mackintosh

With all due respect to the trench, if you only buy one raincoat, the cut-anddried best option is a mackintosh. They're usually unlined, so fit easily over a tailored jacket and, being largely unadorned, will work with just about any ensemble. "This is our tailored interpretation of the classic mac," explains Mehmet Ali, design director of Savile Row's Hardy Amies. "It's been slimmed down for a modern silhouette, and cut above the knee for a more contemporary length." Sure, your legs might get a bit wet, but they'll also look longer and you'll look cooler.



Gabardine is a tough, tightly woven cotton invented by Thomas 'trenchcoat' Burberry and worn by polar explorers Ernest Shackleton and Roald Amundsen. Which means you should survive the commute.



If you really are only buying one coat, navy or grey will be plainest sailing when pairing with the rest of your wardrobe. This nautical-feel yellow, on the other hand, truly pushes the boat out.



One of the pros of macs is that they're single-breasted, so can be left open to show off the rest of your swag. But this version also has a belt so there's no risk of it drowning you when done up.

LEFT Jacket £395 Paul & Shark

THIS PAGE COAT £550 HARDY AMIES SHIRT £32 TOPMAN TROUSERS £135 CP COMPANY BOOTS £160 TIMBERLAND BAG £165 BROOKS

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84/2815 Therainchecklist 127

051

Adjust your timepiece to one that waits for no tide

The sea of diver's watches available far exceeds the number of divers. That's because they're often more rigorously engineered than ones that just look good on the surface: reassuring when timing your oxygen supply and otherwise.

Boasts of being water-resistant at

20,000 leagues are thus a useful dipstick of overall quality. Then there's the form that follows function: oversized with big numbers in bright colours for legibility and toughness. The result is a striking, masculine piece, whether it has hidden technical depths or just looks like it.



OK, so this is not technically a diver's wetch. But as well as being resistant to being dropped from a height and deep impacts, this G-Shock is also resistant to water down to 200m. Plus it's scuba yellow.



You don't have to splesh the cash on a diver's watch if you're not Jacques Cousteau. But with water resistance down to 200m, this should have you covered if you're ever submerged.



This is a proper diver's watch: rotating bezel to time your air supply, luminous markings legible at 300m below and an automatically depressurising helium valve so the glass doesn't pop when you resurface.

ORANGE £57 SWATCH Yellow £130 G-Shock Blue £835 Tissot

061

Cover yourself from top to toe

Of course, there's much more to raincoats than macs and trenches, with peacoats and bombers now getting the waterproof treatment. But don't overlook your footwear: rain will swiftly liquidate your fancy leather shoes, especially if they're also leather soled. "Once they get wet,

they wear a helluva lot quicker: probably twice as fast," says Tim Little, owner and head designer of Grenson. One solution is to buy some rubber galoshes (Swims £55), which go over (and under) your shoes; another is to change your treads for ones that perform better in the wet.





071 Stop carrying water weight

The rising tide of backpacks in recent seasons can be explained by high-end designers such as Lanvin and Givenchy making them in luxurious fabrics and taking them out of the playground. But more importantly, they're just practical: an easier, safer way of carrying stuff that doesn't knacker your arm or make you lopsided, and a hands-free device that frees you up to do other important things, like looking at your phone. These utilitarian rucksacks are specifically constructed to make light work of heavy rain - but still pack plenty of style.

rucksack (by de brand C6) is in ultralight coated nylon, so

This commuter backpack has to pass tests for water resistance, abrasion (dry and wet), staining and, er, salt spray. So you know your laptop, iPad and smartphone are safe and dry in their respective 'pods'. 🔘

childhood? This retro outdoorsy backpack is made of the same waterproof material, with a guyrope closure - plus a laptop sleeve for camping out in cafes with wifi.

nylon tents from your



Made from heavyduty waxed canvas, this rucksack is specially designed to keep your gear dry while cycling, with a fold-over top and zip compartments that face your back, not the raging cyclone.

£110 C6 X CHRISTOPHER Raeburn £60 EASTPAK -Red Bag £239 piquadro BLUE BAG

£205 BROOKS ENGLAND



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C60 TRIDENT PRO 600 – Swiss made dive watch with automatic mechanical movement, unidirectional rotating ceramic (ZrO₂) bezel and water resistance to 60 bar/600m. Available in 38mm and 42mm case sizes, five dial/bezel combinations and four strap styles.

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STYLE INSIDER

Andrew Cooper

A former Diet Coke man, the model is now the face (and wrists) of Dunhill's new fragrance Icon. Take some advice from a guy who nose

My bathroom routine is...

Fairly low maintenance, though I do tend to shower twice a day. I only use natural products with no additives; parabens and artificial scents can be counter-productive to looking after your skin. I'm a big fan of Aesop, especially its face wash (£25 for 100ml). After that, I apply Elemis SOS moisturiser (£44 for 50ml).

My hero product is...

Egyptian Magic cream (£17 for 2oz jar). My wife told me about it. Again, it's natural, with beeswax oil - I think Madonna was mad into it at one point. I use it at night as moisturiser around my eyes or on my hands if they're dry.

My grooming hack is...

Shave the night before you need to look sharp. It gives your skin time to calm down.

I spray my fragrance...

A couple of times on my neck and once on my wrist. I'll top up if I'm going out for dinner,



My fitness programme is...

At least four sessions a week, out. I change it up with a lot of boxing, high-intensity cardio, weights and climbing, plus

that's around 90 minutes.

My workouts are...

Focused on circuits and tailored to target the bits of my body that are harder to bulk up. I find push moves easier, so my routines tend to centre around big pull moves. I'm naturally light, but for one job I had to gain 5kg. That involved a lot of weighted chin-ups, squats, deadlifts and Olympic lifts.

The secret formula for Diet Coke-break abs is...

Variation. Move in different directions and engage your pelvic floor. When I was 16 I worked with a boxing coach and we racked up 500-1000 crunches a session. I'm not telling you it won't help, but it's not quality work.

The best way to eat clean when travelling is...

Juice. I get straight off the plane and fill my minibar with 2kg of organic fruit and veg juice. It's a good way to get all the goodness you need in your system quickly. I've actually set up my own company: juiceman.co.

My nutrition secret is...

Cleansing with a three-tofive-day fast, three times a year. It helps me to strip down and stay lean. I train for about 30 minutes a day on it too. I feel like it reboots mv immune system. Even when I'm not fasting, I try to make sure I have a 12-hour break from food overnight. I think giving your digestive system a rest day is key.

STOCKISTS

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but I don't go overboard. All my other products are natural and lightly scented, so there's no risk of clashing.

often five or six. I make sure I'm not doing the same thing because otherwise I'll burn

1 APRIL AT HOUSE OF FRASER

Look fly off a flight

Hotfoot halfway across the world with no signs of wear and tear using Cooper's model itinerary



"Planes dry you out, so make sure you stay hydrated. Just a few glasses of water can work wonders, whether you're tired or a little hungover."



"You need to keep your skin hydrated too: Weleda makes an intensive balm (£6.95 for 30ml). which is perfect for long journeys."



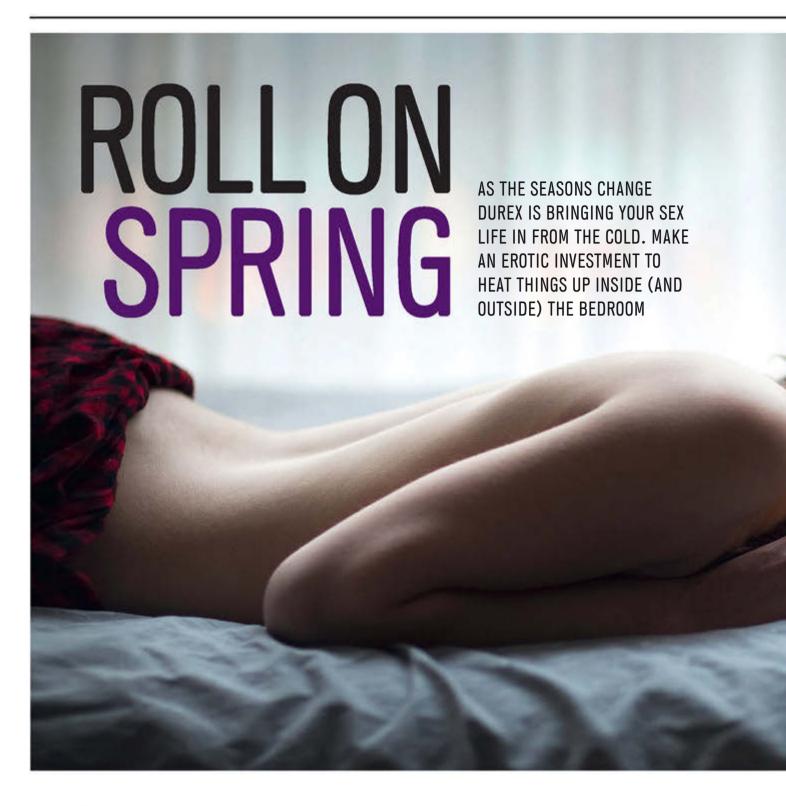
"Do a low-intensity workout when you land. Lifting light weights at a decent tempo for 30-40 minutes will reset your sleep pattern."



"My hand-luggage essentials are jeans, Nike Flyknits, a Gucci sweater and a BLK DNM leather jacket. If I've got all of those, I'm set."



"Make sure you're wrapped up on the plane. When I'm travelling, I need to feel comfortable. I'll be the guy wearing sweats."



fter a long winter spent wallowing in onesies and boxsets it's time for your love life to emerge from its state of hibernation. As the mercury rises so should your pulses as you finally turn up the heat between the sheets. But you needn't rely on warmer weather to give your sex life a seasonal kickstart. Use Durex's range of sex toys as your new source of bedroom inspiration.

Intrigued but unsure where to start? The Thrilling Touch Vibrator is the perfect first

port of call on your journey toward increased sexual intimacy. Ultra-discreet with a single vibration speed, this toy is simple enough to let you devote your full attention to your partner's pleasure. It's also fully waterproof, leaving you free to experiment outside the walls of your bedroom.

However, if you're looking for something a little more adventurous, the Extreme Thrill has you covered. Featuring a specially crafted tip designed for deeper G-spot stimulation this luxury rabbit vibrator offers your partner dual intensity between her vagina and clitoris, promising orgasms time after time. Multiple motors in the shaft and ear put you in control of 12 different speed settings, which means you'll never run out of options when it comes to discovering the perfect combination for pure pleasure.

All that's left to do is decide which toy best suits your sex life (maybe it's both?) and head to the Durex website to get them delivered discreetly to your door. Spring has sprung – it's time your relationship felt the heat.





say the factor most likely to make them buy a sex toy is their partner suggesting it.* That's your cue, gentlemen. What are you waiting for?

MAKE TIME FOR **SOME SEXERCISE**

Add an extra spring to your step with five workouts that are proven to enhance your performance between the sheets

Burning 1400kcal or more a week with interval training gives you stronger erections and longer orgasms, according to research published in the Journal of Sexual Medicine.

A study in the Journal of Strength and

Conditioning Research found using this bit of training kit increases testosterone levels by up to 136%, supercharging your sex drive.

Weak hamstrings and tight quads can sap your sexual stamina. Doing yoga three times a week - especially moves such as the bridge will build suppleness, for an endurance boost.

Start repping deadlifts and squats research in the Journal of Experimental Psychology found they boost key attraction hormones such as serotonin and dopamine. Chemical charisma.

/ LEGS DAY Don't skip it. The muscle activation during lower-body exercises elevates DHEA, which the journal *Urology* says combats erectile dysfunction. You'll always put in a stand-up performance.



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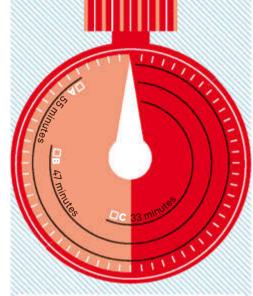
Unlock your body's fat-burning ability with the effective workouts and smart recipes packed into this four-book set. And none of them will take longer than quarter of an hour. Prepare to get the body you want—in the time you can spare.



ONSALE NOW!







C Leave less on the gym floor. The University of Missouri-Columbia found performing tough intervals for just over 30 minutes lowers stress more than training at a steady pace for longer. Spend the time you save in the sauna - it'll sweat out any residual feelings of stress, say Oklahoma State University scientists.

What's the best thing you can buy to keep your blood pressure in check at work?





New headphones



OB Squeezy ball



Bottle of whisky

A Background noise, such as desk-tapping or tea-slurping, is a top cause of workplace stress, Michigan Uni reports. Noise-cancelling 'phones will help. Lobbing the squeezy ball at the culprit's head can too.

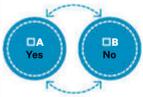


A According to Purdue Uni, Biggie was right about the pitfalls of mo' money. If your finances freak you out, visit adviceguide.org.uk for tips.



B If you work alone, that is. A University of Bristol study found men who took their espresso solo experienced heightened anxiety. A coffee break with friends, however, helped stress to subside.

Q6\ Can stress boost your career?



A While chronic stress can make you sick, a University of Buffalo study found periods of adversity tend to improve long-term wellbeing. The body adapts to cope with setbacks, iust like it builds antibodies. A hellish week will futureproof your stress responses.

What's the best way to deal with daily concerns?

- **DA** Forget about them
- **DB** Worry about them
- C Keep yourself busy
- B Set a 20-minute 'worry window' to actively ruminate on day-to-day troubles, the journal Psychotherapy and Psychosomatics suggests. Compartmentalisation was found to curb anxiety better than distraction techniques.



08/ Meditating every day for three months limits stress by how much?

C Men who practised 'mindfulness meditation' – focused awareness of your thoughts and body – saw a 54% reduction in stress levels, reports West Virginia University. Not sure where to start? Head to youtube.com/ TheHonestGuys for free guided classes and tips.

Q9\

You've had a hard day at work. What's the best drink to wash it away with?







Water

Milk

Wine

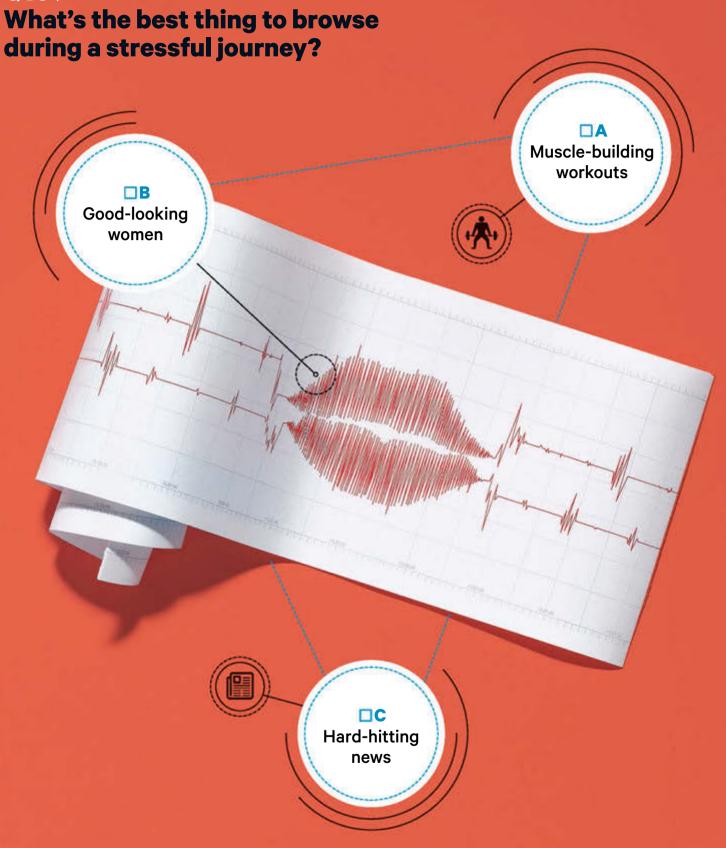
B Put the corkscrew down. A glass of milk sinks your BP, says the American Journal of Clinical Nutrition, while a Dutch study states whey helps build mood hormones. Alcohol was actually proven to extend the "subjective experience" of stress.



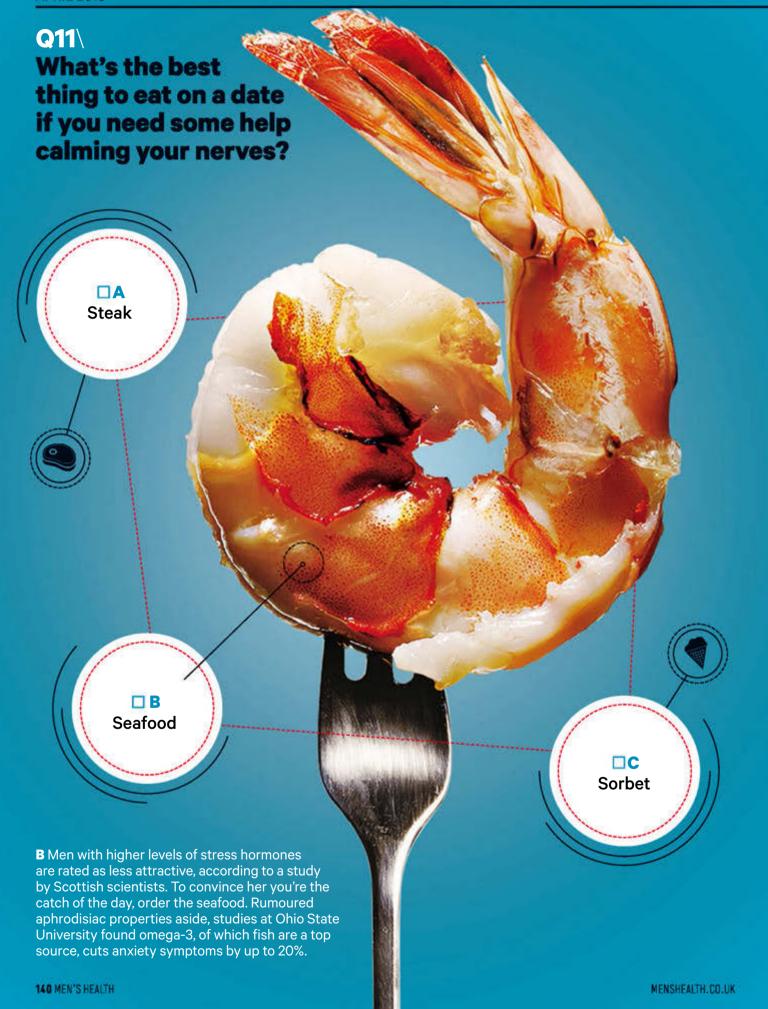
D If you want to calm down, you need to get high. Research by Texas A&M shows that rock-climbing and other challenging outdoor pursuits come out top for easing stress and building confidence. But hit the gym first: those who tackled tough climbs without prep saw no mental benefits. That spreadsheet doesn't look so Everestian now.

138 MEN'S HEALTH

Q10\



B When your breakfast meeting's imminent and the bus is stuck at another red light, those photos of Kate Upton work as an instant relaxant. A Nottingham University study found that looking at someone you're attracted to is an effective method for reducing commuting stress. NB Keep it discreet. Sneaking glances at the beauty on the seat opposite might soothe your psychological pains but you run the risk of physical ones if she spots you.



What's the easiest way to beat stress-related headaches?



A Forcing a grin releases mood-improving hormones, the University of Kansas found, easing facial tension. While shouting and cussing are proven destressors, they work best for sudden bursts of pain. Save it for your ice bath.

Q13\

Which dinner will heal the pain of a long, hard day?



A The explanation is two-fold. B vits in leafy greens reduce stress and support energy production, while chicken is a source of tyrosine, an amino acid found by the University of Maryland to alleviate low moods. Self-medicating with indulgent desserts or cheesy carbs does feel good for a reason: research published in Psychoneuroendocrinology found regular comfort-eating scrambles your stress signals, though these crossed wires also up your risk of obesity.

Q14\

Struggling to unwind?
Spend your downtime...



□A Reading



■B
Watching TV



□C Gamino

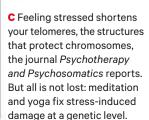
A&C Sussex University found reading something you enjoy cuts stress by 68% in just six minutes. Exhausted this month's *MH*? Computer games work too, but only if you tailor them to your mood. If frustrated, try a shoot 'em up; if anxious, opt for a slower-paced puzzle.

Q15\ What does stress do to your DNA?



B Strengthens it

C Breaks it



Q16\

Workplace anxiety has been blamed for what percentage of strokes?

5%

10%

15%

B Men who find work stressful are 1.4 times more likely to suffer a stroke, Occupational and Environmental Medicine says. If the boss is grinding you down, ask to head up a new project or go freelance. A sense of control is proven to lessen the emotional impact of high-pressure situations.

217\

Watching a funny film reduces symptoms of stress for up to...

□A 5 hours

■B 12 hours

C 24 hours



C Men who watched comedies had healthier blood vessels and lower levels of cortisol and epinephrine 24 hours after the movie ended, reports Loma Linda University. No joke.

Q18\

Looking at porn is...

Distressing Relaxing

B Spend 10 minutes browsing online erotica and your stress levels will halve, a Carnegie Mellon study found. The trick was even shown to boost performance in maths tasks by 50%. We don't advise it when updating the office Excel, though.



B Distracting yourself from life's trials with an activity-filled excursion can be counterproductive. A study in *Applied Research in Quality of Life* found that only holidays described as "very relaxing" have a lasting impact on our mood once back at work; those returning from busy trips saw no lingering boost to wellbeing. The greatest mental benefits come from planning and anticipating your time off, so shorter, more frequent trips win out when you're burned out.

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FINE FOOD







APRIL 2015 STRESS QUIZ

Q20\

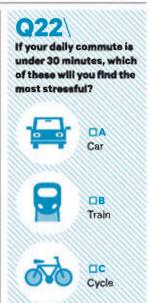
What effect does smoking have on your psyche?

Stressful Relaxing

A True, the first hit of nicotine releases reward chemicals that subdue anxiety. But long-term use suppresses stress-killing serotonin. Distract from cravings by chewing gum: the Congress of Behavioral Medicine found it cuts stress by 17%.



B Pets make more relaxing buddies than people, found studies by the University at Buffalo, NY. Animals provide stress-subduing physical contact, without judgment – imagined or otherwise. If all you have is a particularly frigid goldfish, your partner is a close second; hugging protects you from heart-rate spikes after stressful events.



C Take the scenic route home. ONS stats linked cycling to work for 16-30 minutes to higher levels of anxiety compared with other modes; longer rides, however, improved life satisfaction. Reset your weekday alarm and trade merciless traffic for ambling country lanes.

Q23\

Men who take their work home with them are __ times more likely to suffer from etress?



B Spreading your reports over the kitchen table, as opposed to coming in early the next day, puts you at risk of stress-induced heart issues, Johns Hopkins University found. If you struggle with time management, ask about flexi-hours (learn your rights at gov.uk/flexible-working/overview). What's more, the University of Arkansas found that a sense of independence cuts stress better than simply working fewer hours.

How did you score?

0-9 BUNDLE OF NERVES

On a scale from Mandela to Malcolm Tucker, you're f*****g losing it! But don't be anxious about a poor score; it's easily remedied with a bit of mat work. A study published in *Psychosomatic Medicine* shows that the benefits of yoga stretch further than simple flexibility. Regular practice reduces blood compounds that rise in high-pressure situations, helping you to develop bodily resilience against life's stressors. It's worth adding a little downward dog to your downtime.

10-19

BALANCING POINT

You're fairly frazzled, but this is no time to lighten up. Quite the opposite: the artificial glow emitted by your iProducts elevates your stress hormones, reports Johns Hopkins University. Along with making your bedroom tech-free, filling your room with plants will also help to create a haven of calm: Kansas State University found a bit of greenery in living spaces lowers blood pressure and perceived anxiety. Pick cacti if the idea of plant-maintenance stresses you out.

20+

BUCKET OF ICE

Either you're as cool as a cucumber in Ray-Ban Clubmasters, or your excellent stress-trivia score suggests you're a highly self-aware, nail-biting ultra-worrier. Whichever it is, unwind by prepping the fruity recipe on p57: Yale University psychologists found that the smell of spiced apple brings your blood pressure and other stress markers down. If you're short on time, light a scented candle instead. Come on, you're not too much of a man... •

MENSHEALTH.CO.UK MEN'S HEALTH 143

THE MH DIRECTORY

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ONE WORD ANSWER #13

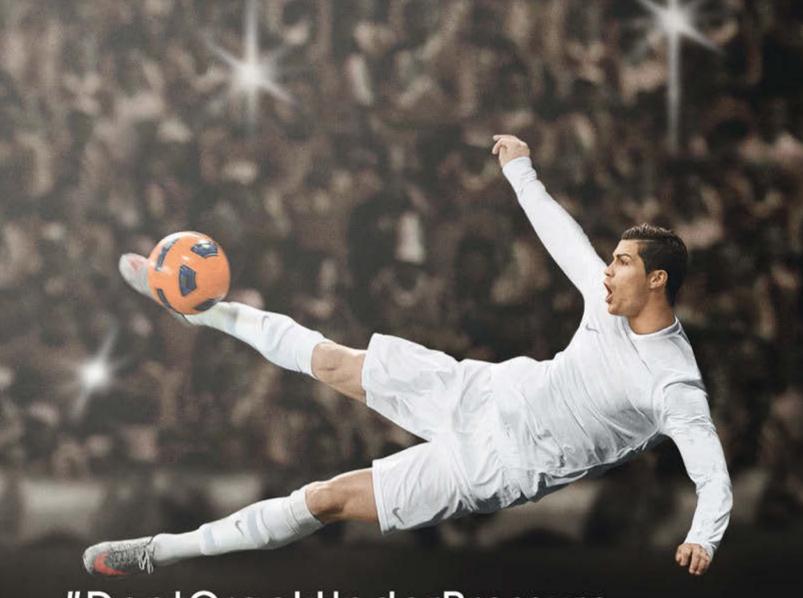


espite what your gut feelings may suggest, scrolling through drool-worthy #foodporn posts while binge-watching re-runs of Man v Food won't result in you bolting to the nearest burger joint and throwing yourself off the clean-eating wagon. In fact, a study from Brigham Young University found that looking at photo streams of sumptuous food results in 'sensory boredom', so you mentally tire of the taste without chowing down. It's now scientifically SFW to salivate over breasts (chicken, that is) dripping

in stilton before lunch. Next time you've a hankering, visually gorge on 60 snaps to level out your appetite. Even if it doesn't completely quash your cravings, the study shows that it does reduce the amount you end up eating, should you find a Nando's menu in your hands at 1.15pm. Spare your arteries and instead, clog up your social media feeds with delectable filth from the likes of @BonAppetitMag, @JamieOliver and @MensHealthUK, of course. It's easily the most gratifying way to filter out those unwanted calories.

Food





#DontCrackUnderPressure



TAGHeuer

SWISS AVANT-GARDE SINCE 1860

AQUARACER CALIBRE 5

Cristiano Ronaldo is born to break all the records. His motivation is to win at every occasion to challenge the human statistics. Like TAG Heuer, Ronaldo surpasses the limits of his field and never cracks under pressure.

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Men's Health THE UK'S BIGGEST SELLING MEN'S MAGAZINE BY FAR



METABOLIC MEALS, 7 PILLS PROVEN TO MICHELIN FLAVOUR CAUSE WEIGHTLOSS

SEE YOUR 6-PACK IN 4 WEEKS FLAT



UPGRADE YOUR PERFORMANCE

Gold Standard Pre-Workout™ is designed to unleash focus, power and performance, while supporting energy to help you UPGRADE your results. Containing only high quality essential active ingredients with nothing you don't need. Whatever your goals, accomplish them with the pre-workout product from the world's most trusted brand in sports nutrition.

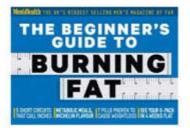


ALL YOU NEED FOR A LEANER, FITTER BODY IN SIX WEEKS

osing weight means something different to everybody. Perhaps you're looking to finally be rid of last year's love handles, or just trim enough fat to sculpt the abs you've always promised yourself. Maybe your mission is larger in scale, and you want to be a fitter, healthier, happier man and reveal the overdue you. Whatever your goal, MH has everything you need to get the wheels in motion and keep you on the right path until your destination is reached. Busy day? Try our half-hour circuits to burn fat fast. Can't make the gym? Don't bother: our simple bodyweight moves will cull calories from the comfort of your own home.

With the hard graft over, we've made eating lean as easy as possible, with transit-friendly meals that will feed your metabolism rather than your fat cells. We've even thrown in some natty pills and powders proven to enhance your results. The only things you need to cut out are your excuses. Do that, and you have nothing – or, rather, everything – to lose.

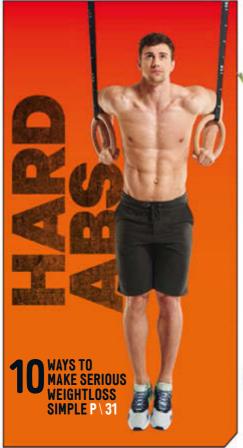
David Morton, senior editor



EDITOR Toby Wiseman CREATIVE DIRECTOR Declan Fahy SENIOR EDITOR David Morton PICTURE EDITOR Cindy Parthonnaud DESIGN Claire Cheung, Jessica Webb, Marianne Waller PHOTOGRAPHY Phil Haynes















MAKE SHORT WORK OF INTERVALS

High Intensity Interval Training might grab the headlines, but if you're new to fat loss or short on time, HIIT isn't always best. Supramaximal Interval Training (SMIT) achieves more with less effort, and half an hour is enough to swing the war on fat in your favour. Come out firing



HOW IT WORKS

Do this circuit twice to finish the whole workout in 30min. Rest fully after each all-out effort, so your body has time to recuperate. For the best fat-burning results, aim to complete this session three times a week

TIME 30MIN KCAL BURN 450-550 **LOCATION HOME OR GYM** LEVEL EASY

25m SPRINT 20-30SEC **40SEC REST**

Muscles worked

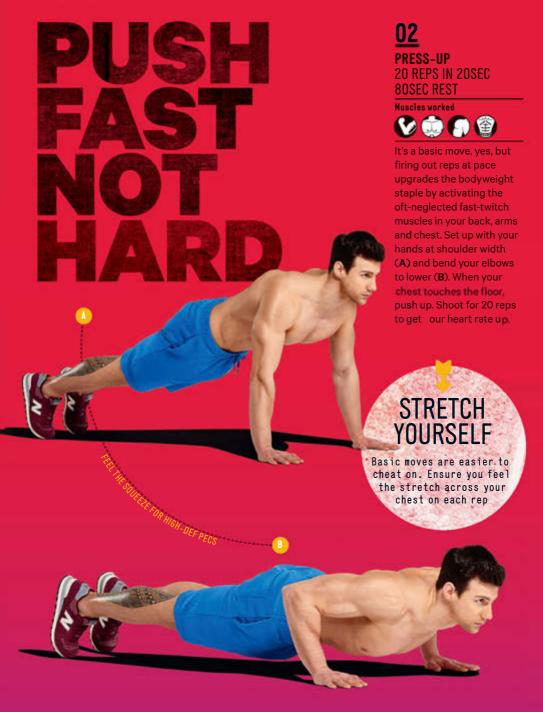


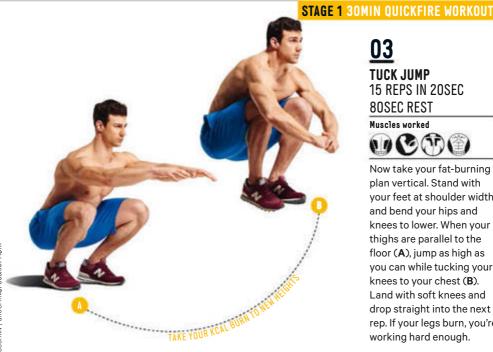




Sprinting trumps jogging for calorie burn, so leave your old self in the blocks. Measure out 25m with two markers then set up at one end in a three-point stance: knees bent and one hand on the ground (A). Explode off the mark and sprint as fast as you can to touch the other marker (B). Repeat for 20-30sec, then rest - by which we mean do nothing







<u>03</u> **TUCK JUMP** 15 REPS IN 20SEC **80SEC REST**

Muscles worked







Now take your fat-burning plan vertical. Stand with your feet at shoulder width and bend your hips and knees to lower. When your thighs are parallel to the floor (A), jump as high as you can while tucking your knees to your chest (B). Land with soft knees and drop straight into the next rep. If your legs burn, you're working hard enough.

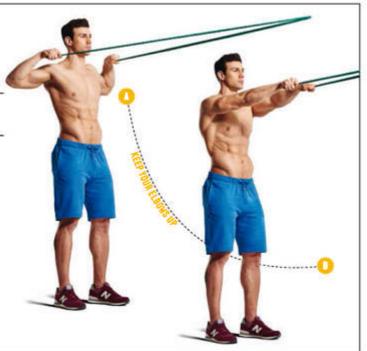
BAND ROW 30 REPS IN 20SEC **80SEC REST**

Muscles worked





Loop a resistance band over a fixed object at shoulder height and pull toward you explosively, drawing your shoulder blades together (A). Now release to the start (B) - keep your core tight without rounding your shoulders too much, to sculpt those abs in the process. Try to complete all 30 reps with proper form.





<u>05</u> **BURPEE** 15 REPS IN 20SEC **80SEC REST**

Muscles worked









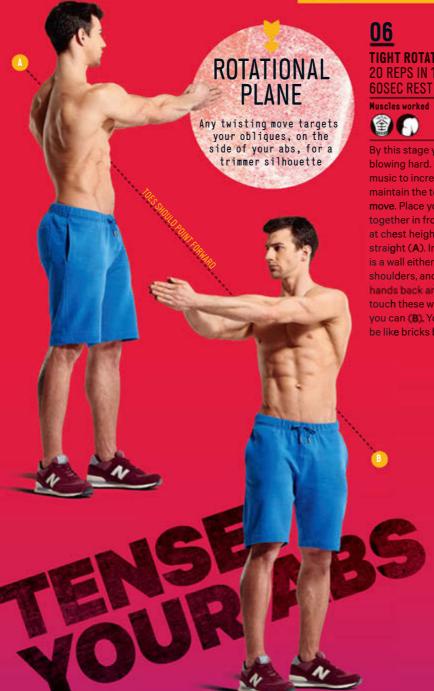
You might remember this one from PE. But performed correctly, the burpee is a full-body fat-burner as good as any new-fangled move. Begin in a squat with your hands on the floor between your feet (A). Kick your feet back into a press-up position, then jump them back to outside your hands. Leap as high as you can (B) and land with soft knees.

DYNAMIC MOVEMENT

Rather than just slogging through it, try to focus on each stage of the move separately

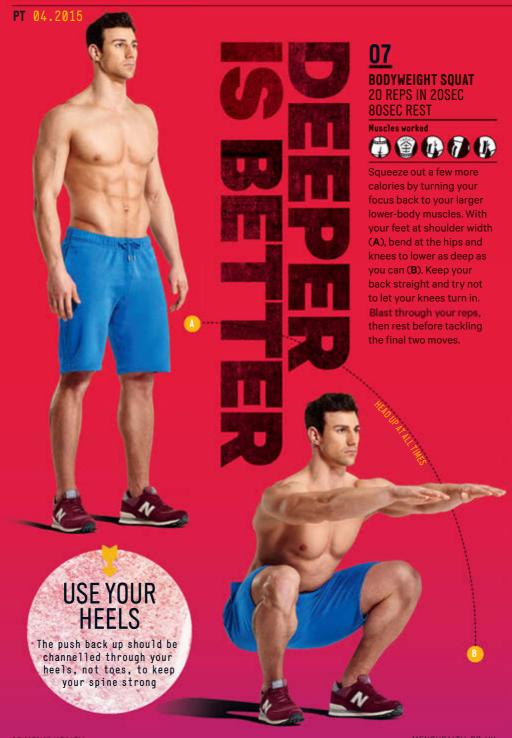
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10 MEN'S HEALTH

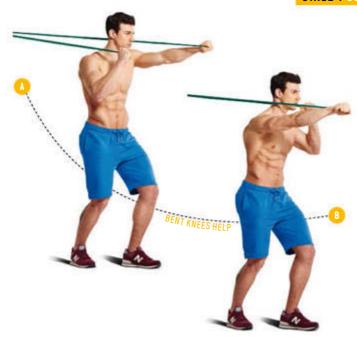


TIGHT ROTATION 20 REPS IN 15SEC

By this stage you should be blowing hard. If not, use music to increase and maintain the tempo of each move. Place your hands together in front of you at chest height, elbows straight (A). Imagine there is a wall either side of your shoulders, and move your hands back and forth to touch these walls as fast as you can (B). Your abs will be like bricks before long.



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<u>08</u> **BAND PUNCH** 20 REPS IN 10SEC **40SEC REST**

Muscles worked







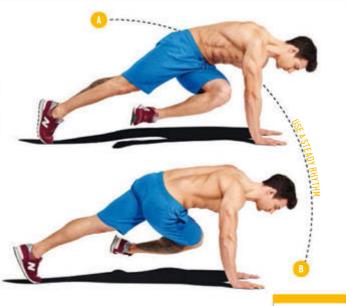
Dig out that band and fix it at shoulder height. Hold an end in each hand and set up in a staggered stance with your back toward the attachment point, elbows bent (A). Punch straight forward with one arm and then the other as fast as you can for 10 punches in total (B). Swap your feet over and do 10 more. This kind of 'hit' is permitted.

09 MOUNTAIN CLIMBER 30 REPS IN 15SEC **40SEC REST**

Muscles worked



Drop down to the floor and fight the urge to roll away to safety. Keep your arms straight but not locked and lift your glutes. Alternate between bringing your left knee to your right elbow (A) and vice versa (B). Do your 30 reps, rest 40sec. then - we're sorry - repeat the full circuit. Done? Turn the page and get stuck into a lean, post-workout meal.



TURN TO PAGE 39 FOR YOUR BESPOKE **WORKOUT PLAN**



Tupperware-friendly alternatives pack a meal deal of fat-loss nutrients and they taste pretty fine too

BREAKFAST #1

EGGS FLORENTINE & TOMATO PESTO

A protein-rich breakfast will sidestep mid-morning cravings and slash your calorie toll, the Uni of Louisiana reports. But your usual McMuffin, this ain't...

METHOD

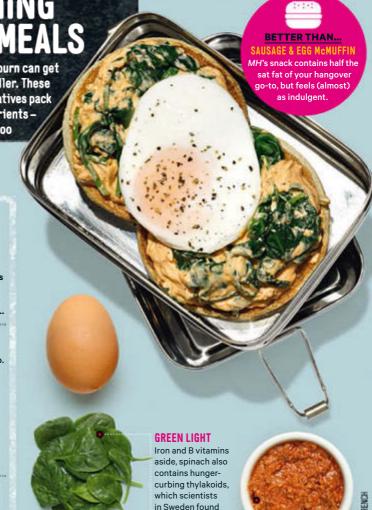
01/ Wilt the spinach in a pan, then add the yoghurt and pesto. Stir, then take it off the heat. 02/ Poach the eggs for 3-4min in a separate pan of water with a dash of vinegar and pinch of salt. Toast your muffins. 03/ Cooking for one? Pop half a muffin in your lunchbox and top with the spinach and an egg. Dig in before logging on.

SERVES 4

- Big bag of spinach Greek
- yoghurt, 100g
- Sundried tomato pesto, 1/4 jar
- Eggs, 4 Vinegar, 1tsp
- English muffins, 2
- Salt and pepper

NUTRITION

225 Calories



helped dieters lose

5kg over 3 months.

SUNNY OUTLOOK

A serving of sundried toms packs 1/4 of your manganese RDA, which aids blood sugar control. The only muffin top you'll have will be on your plate.

BREAKFAST #2 NUTTY GRANOLA WITH BERRIES

Tip your soggy cereal in the bin and make the AM crunch time for excess weight. *PLoS One* journal reports that nut eaters are 40% less likely to be obese.

METHOD

01/ Combine your favourite
nuts in a bowl with the oil and
a small pinch of salt. Add the
honey and toss to coat them.
02/ Pop the lot on a tray and
bake in the oven for 25min. Mix
with the oats, seeds and fruit.
It'll keep for around three weeks
in a cool, air-tight container.
03/ If you squeezed in an early
gym session, take a handful to
work and top with milk – almond
or otherwise – at your desk.

SERVES 8-10

- Mixed nuts, 200g
- Sunflower oil, 100ml
- Honey, 75ml
- Rolled oats, 400a
- Sesame seeds, 75g
- Dried mixed berries, 200g
- Almond milk, splash



FORZA BRAZIL

Be sure to include Brazilians in your winning team. The nuts support your thyroid function – the gland that keeps your metabolism running fast. Score.



MANUKA UP As well as ma

As well as making your porridge more palatable, manuka honey is a potent cold-fighter, shows Nagasaki Uni. Your excuse for missing workouts is shot.





NUTRITION
450)
Calories

12g Protein

46g

Carbs

Sat fat

BETTER THAN...

PRET HONEY & GRANOLA POT This provides more slowrelease energy per bite, plus a bonus extra 2.5g of nutty protein.

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MEN'S HEALTH 15





SUPER SEED

With 4g of protein and 2g of monounsaturated fats per tablespoonful, pumpkin seeds fill you up and out in the right places. Heap them on.





CRAN-TASTIC Sate your sweet tooth while topping up on vitamin C. Arizona State Uni found the vit helps you oxidise 30%



LUNCH #1 **CRANBERRY & QUINOA SALAD**

Supermarket offerings often harbour sugary sauces and lack substance. Whip up this veggie lunch for low-GI energy and a micronutrient punch.

METHOD

01/ Grate carrot and toss with quinoa, cranberries and seeds, then dress in olive oil, vinegar, juice, zest, plus a pinch of sea salt and pepper, if you fancy. 02/ Scoop into iceberg lettuce leaves, top with fresh torn mint and wrap it up, burrito style. 03/ Keep your faux-Mex feast in the office fridge to devour later.

SERVES 2

- A carrot
- Quinoa, 150g, cooked weight Cranberries,
- dried, 50g Pumpkin
- seeds, 2tbsp
- Oil, 1tbsp
- Red wine vinegar, 1tsp Fresh lemon
- iuice, 1tsp • Fresh lemon
- zest, pinch Lettuce and
- mint leaves, to serve

NUTRITION

280 Calories





BETTER THAN...

WAITROSE GOAT'S CHEESE &

GIANT COUSCOUS SALAD

Score 6g more protein and

spare yourself the till-

queue stress.

FUEL YOUR TRANSFORMATION

LUNCH #2 **TURKEY, BEAN & KALE WRAPS**

Kale might not trump tortilla for snack factor, but it adds vital vitamins for near-zero calories. Plus, kidney beans are shown to aid the breakdown of stored fat.

01/ Finely chop the peppers and cucumber and mix with the beans, seeds, oil and vinegar. 02/ Lay the kale leaves on a flat surface and spoon the veggie mix over the top. Add a grind of pepper or pinch of chilli flakes if you want to give it a kick. 03/ Top with turkey and wrap it up. Stick it in your lunchbox for an instant hunger-pang fix.

SERVES 2

- Peppers, 2, roasted and iarred
- A small cucumber
- Kidnev beans, 100a
- Sesame seeds, 1tbsp
- Olive oil. 1tbsp
- Balsamic vinegar, 2tsp
- Head of kale. de-stemmed
- Turkev slices, 250g

NUTRITION

455 Calories

38g Protein

26g Carbs

OH KALE YES

The health hipster's brassica earned its day in the spotlight. It'll knock your RDA for vit K out of the veg garden, and speeds the body's detox process.



BIRD BRAIN

Turkey's amino acid tryptophan helps the brain gobble up serotonin. Studies by MIT found that elevating levels of this hormone kills carby cravings.

TESCO CHICKEN CAESAR WRAI

With far fewer carbs but

near double the protein,

MH's recipe keeps you

fuelled for longer.







DINNER ZESTY CHICKEN & AVOCADO SALAD

Late shift? Your quick chicken dinner doesn't have to come in a bargain bucket. Prep this the night before and reward your body after a tough day.

METHOD

01/ Sit the chicken in a large pan with 200ml salted water. Bring it to the boil, then turn off the heat and leave it for 15min. 02/ Peel the grapefruit and cut the segments into bite-sized pieces. Put these in a bowl with the avocado, radishes and basil. 03/ Drain and slice the chicken breasts, before combining with the grapefruit salad. Serve on lettuce leaves for a dinner that looks, tastes and does good.

SERVES 4

- Chicken breast, 2, skinless
- A ruby-red grapefruit
- An avocado, cubed
- Radishes, 4, thinly sliced
- Basil, handful, chopped
- Mixed lettuce leaves

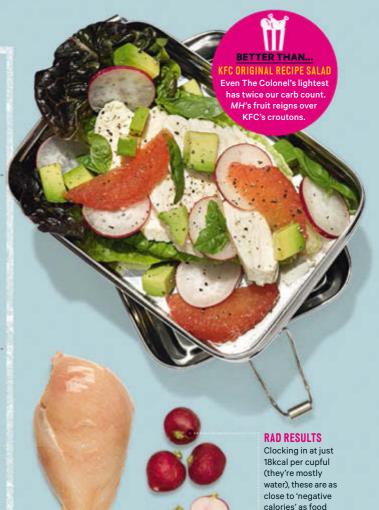
NUTRITION 270

Calories

4()g Protein

9g Carbs

1.5g







BITTER MEDICINE

Not satisfied with your body? Have sour grape(fruit)s: a study by the Uni of Western Ontario found its flavonoids help the liver use up stored fats.



gets - but infinitely

tastier than celery.

FUEL YOUR TRANSFORMATION



WHITE CHOICE

Yes, it's high in sat fat, but not the kind you'd find under the Golden Arches. Coconut fats deliver a sugar-like energy hit, without going nuts on your belly.

MEN'S HEALTH 19

PRE-BED SNACK MANGO CHICKPEA SWEETENER

Round off your evening with a hassle-free snack that's nutrient-rich and calorie-poor. Its slow-acting carbs should cull any dessert cravings, too.

METHOD

01/ No cooking required here. Rinse the chickpeas and mix with the lemon juice, olive oil, onion and mango in a bowl.
02/ Sprinkle over the grated coconut, adding a few grinds of freshly ground black pepper.
03/ Chill it in the fridge for an hour, so it has time to marinate in the juice. Tuck in when the after-dinner toast urge pops.

SERVES 2 NI

- Chickpeas, 200g, drained
- Fresh lemon juice, 1tsp
- Extra-virgin olive oil, 1tsp
- Red onion, ½, thinly sliced
- Mango, 150g, sliced
- Coconut,
 ½tbsp,
 shredded

NUTRITION

230 Calories

8g Protein

30g

2.5g





Don't let treadmill queues stall your weightloss. This session targets all of your major muscle groups to wipe out as many calories as possible in 45min, all from the comfort of home. You only need a little bit of space and a resistance band. It's time to kick out your excuses for good

HOW IT WORKS

Perform Circuit A twice with 2min rest in between. then repeat for Circuits B and C. Finish each session with the pyramid set (D). Just because you're at home doesn't mean you can't work hard. Complete five workouts a week

TIME 45MIN KCAL BURN 600-700 **LOCATION HOME** LEVEL MEDIUM

A/01

SPLIT SQUAT 10 REPS EACH SIDE

Muscles worked









Place a chair behind you and stand with one foot 2 3ft in front of the other. back foot on the seat (A). Keeping your front heel firmly on the floor, bend the knee of your front leg to lower yourself as far as possible (B). Push back up through the heel to return to the start. Do 10 on each leg, then go on to the next move without a break.

A/02

ROTATIONAL PRESS-UP 8 REPS EACH SIDE

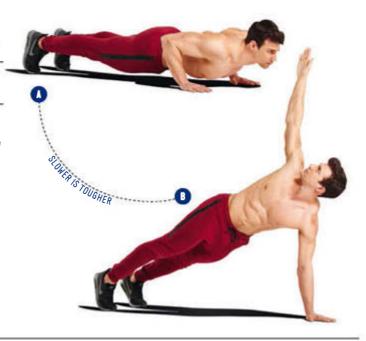
Muscles worked







Adding a twist challenges vour core, roping in extra muscle around your middle to burn through body fat. Start in a regular press-up position and bend your elbows to lower toward the floor (A). Straighten to push up, raise your right arm and reach toward the ceiling (B). Hold for a beat, then slowly lower to the start position. That's 1 rep. Alternate sides each time.



SOS TOUR HIPS SAGGING - O

A/03

LONG-LEVER PLANK 2 X 30SEC

Muscles worked



Stay on the floor and bring your legs together, elbows beneath shoulders. Rest your weight on your knees and forearms (A). Slowly move your forearms away from shoulders, rise up off your knees and hold (B). The further you lengthen the plank, the more you'll work those soon-to-bemuscled abs, so fight the wobble. Rest for 2min, then go back to A/01 and repeat the mini circuit.



<u>B/01</u> **REVERSE LUNGE**

10 REPS EACH SIDE











Circuit B places greater demands on your balance, calling your stabilising muscles into action and shedding extra weight. Stand with your feet at hip width (A). Raise your hands and take a big step back with your left foot, bending your right knee until your thigh is parallel to the floor (B). Your back should stay straight. Step forward into the starting position and repeat the lunge, switching legs with each rep.

B/02 SHOULDER Y 15-20 REPS

Muscles worked



Targeting your shoulders will give the rest of your body a moment of respite. - which you'll be grateful for when you progress to the next move. Stand on a resistance band, crossing it over to hold an end in each hand (A). Now raise your arms until they're roughly 45 degrees from the floor in a Y shape (B). Don't bend your elbows. Slowly lower to the start.





Flexing your abs, even on basic moves, protects you from injury. And means you can skip sit-ups

B/03

CLOSE-GRIP PRESS-UP 15 REPS

Muscles worked



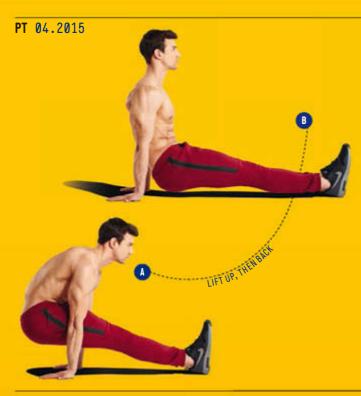




Your triceps are the largest muscles in your arms and elevating your feet places more strain on them, which keeps your heart rate high. Place your hands together (A) – this directs the load away from your pectorals. Lower until your chest is almost touching the floor (B), then straighten your arms forcefully to return. Finish 15 reps, even if you take a break. Rest up, then start again at B/O1.

TUCKYOUR





C/O1 AB SNAIL 8 REPS

Muscles worked





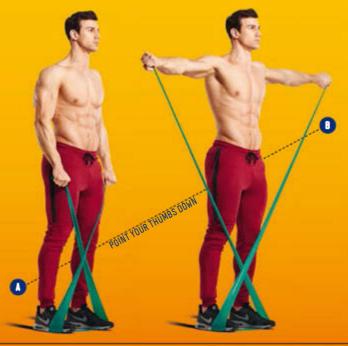
Let's be honest, abdominal definition is a fairly nice by-product of weightloss. This move will take care of that for you. Set up in an L-sit position: legs together and hands behind you, fingers pointing back (A). Squeeze your shoulders and glutes as you lift your hips off the floor, then use your abs to pull your hips back through your arms as far as possible (B). Slowly reverse to the start. Repeat.

C/O2 SHOULDER T 20 REPS

Muscles worked



A gentle finisher, so you'll feel ready for the repeat.
Cross the band in the same position as last time (A).
Keeping your arms straight, raise them until they're at 90 degrees to the ground and form a T (B). Slowly lower to the start position.
Enjoy your 2min breather, then do another 8 ab snails. When you've been through both moves twice, it's time for the final – and special – part of the workout...



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D/01

EXTREME CLIMBER

SET 1 2 3 4 5 REPS 20 18 16 14 12

Muscles worked



Well, these moves aren't so much 'special' as 'horrible'. But your metabolism will be primed to run as fast as possible in the hours after your session. Set up in the top part of a press-up, arms straight but not locked (A). Bring your right foot up to your right hand (B), then alternate sides. Do your set of 20 reps at a steady pace so you don't burn out, then drop for the bastards.

D/02

BASTARD

SET 1 2 3 4 5

REPS 10 9 8 7 6

Muscles worked







Last one, albeit performed many times. From a squat, kick your feet back so you end in a press-up position. Do a press-up (A) then jump your feet back to your hands and leap as high as you can (B). Land with soft knees then drop into the next rep. Do 10, then go back for 18 climbers until your fat-burning pyramid sets are complete. Then collapse on your own sofa.



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MFN'S HFAITH 25



PROTEIN HAS NEVERTASTED SO GOOD



The Dynabar™ is the best tasting luxury protein bar with a massive 20g of premium quality protein to support the growth and maintenance of muscle mass.

Use code BestBar at checkout to get 20% off your first order of DynaBar™



BEST IN CLASS SPORTS NUTRITION AVAILABLE EXCLUSIVELY AT WWW.PROTEINDYNAMIX.COM





THE 1000KCAL GYM BAG

This kit has all been scientifically proven to burn more fat for next-to-no added effort. Here's what to pack to offload 1000 extra calories every time you train...



PRESS REFRESH

The International Society of Sports Nutrition discovered peppermint oil increases your time to exhaustion by 25% – burning a potential 175kcal. Something to chew on. Peppersmith Chewing Gum £13 for 12 packs peppersmith.co.uk



MUSIC TO YOUR EARS

Brunel University found your pump-up playlist helps you go 15% further. That's an extra 105kcal cut at your next circuit-training session. Powerbeats2 Wireless eadphones £170 apple.com

HIT THE SHOWERS

Menthol is a natural analgesic, soothing your aches, according to the International Journal of Sports Physical Therapy. Swap the yoga mat for this cooling shower gel and power through. 100 Bodycare Strength £5 ethicalsuperstore.com



JUMP TO IT

Master the double-under and you'll work your legs 320kcal harder than any treadmill, Mayo Clinic research found. High intensity in your hands. MH Skipping Rope £8 argos.co.uk

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FIRE UP YOUR METABOLIC AFTERBURN

This one's heavy going and you'll need an hour to get through it. But by using the foundation moves of weightlifting to shunt blood from the top half of your body to the bottom and back, you'll keep your metabolism torching fat all day long. Your weightloss is about to go nuclear



HOW IT WORKS

You have 10 strength moves plus five cardio 'finisher' exercises. Perform the full circuit. rest as needed, then do it once more. Only do this twice a week: you need to be firing on all cylinders to score the full effect

TIME 60MIN KCAL BURN 800-1000 **LOCATION GYM** LEVEL HARD

966005



Muscles worked







No chance of easing into things here, we're afraid. Stand with your feet hip-width apart and rest a loaded barbell across the front of your shoulders, locking it in place (A). Take a big step forward with your left foot and bend that knee until your thigh is parallel to the floor and your knee forms

a right angle (B). Reverse

the motion, alternating

legs with each rep.



MENSHEALTH, CO.UK

MEN'S HEALTH 31

BENT-OVER ROW 15 REPS

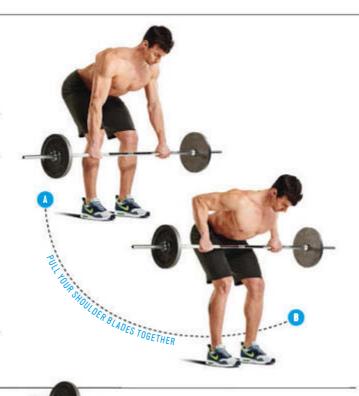
Muscles worked



With your legs pumped full of blood from the lunges (sorry for the image), your heart now has to work against gravity to get it to your upper body. Pick up a barbell and bend at the hips until your back is flat and almost parallel to the floor (A). Pull the weight up to reach your waist (B). Slowly lower and repeat.

CARDIO FINISHER

200m incline sprint + 30sec walk; repeat x3



15 REPS

CLEAN AND JERK

Muscles worked



With your feet hip-width apart, squat to grip the barbell slightly wider than shoulder width. Pull the bar up by straightening your hips and knees, hunching your shoulders and rotating your hands to catch the bar across your shoulders (A). Bend your knees slightly then stand up explosively and drive the weight above your head (B). Hold for a second and lower.

SHORTS AMERICAN VINTAGE AT MATCHESFASHION.COM, TRAINERS NIKE AT SCHUH.CO.UK





04 **FLAT BENCH PRESS** 15 REPS

Muscles worked



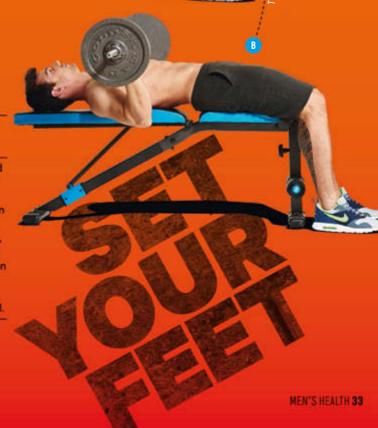




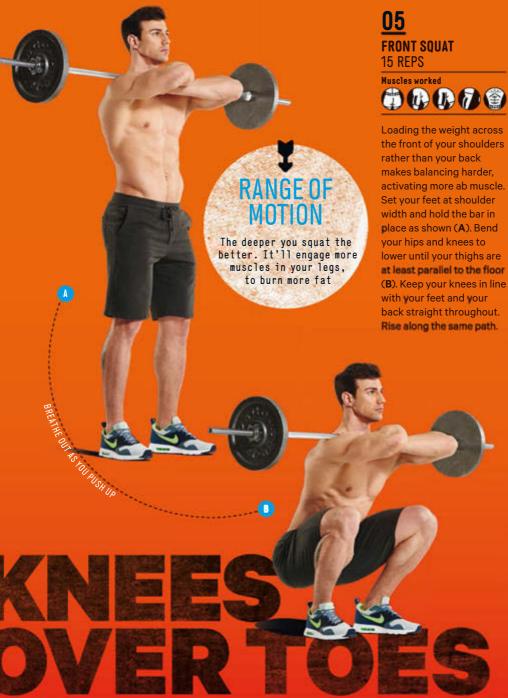
Simpler than the clean and jerk but tough enough to reroute all that blood. Lie on a bench with feet flat on the floor. Position the bar high above your chest (A), then lower it to just below your nipples (B). Straighten your elbows to press the weight up until your arms are straight but not locked

CARDIO FINISHER

2min on the rower at full pace + 20sec rest; x3



MENSHEALTH.CO.UK



34 MEN'S HEALTH MENSHEALTH COLUK

STAGE 3 60MIN RESISTANCE SESSION



06 Shoulder Press 15 Reps

Muscles worked





Drop the barbell (carefully) and grab your dumbbells. Hold one in each hand, hoisting them up so they're either side of your head (A). Straighten your arms to push the weights up (B) but try not to lock your elbows. Slowly lower them to the start position and keep pressing for 15 reps.

CARDIO FINISHER

1min sprint on a stationary bike + 40sec recovery; x3

07BARBELL DEADLIFT 15 REPS

Muscles worked



No doubt you're getting the hang of this by now – next your lower body is back under the spotlight. Place the barbell in front of you and stand with your feet shoulder-width apart. Bend your knees and hips to grab it with an overhand grip (A). Straighten your legs to pull the weight up until you're standing tall with the bar hanging at arm's length (B). Take 4sec to lower the bar back to the floor.



MENSHEAITH.CO.JIK MEN'S HEAITH 35

08DUMBBELL PULLOVER 15 REPS

Muscles worked



Set your feet on the floor for stability and cup a dumbbell in both hands (A). Bend your elbows to 30 degrees and keep them like that. Lower the weight as far behind your head as you can and keep your upper arms close to your ears (B). Use your triceps to bring them back up.

CARDIO FINISHER

1min sprint on the elliptical trainer + 30sec rest; x2



TRY TO NOT LEAN FORWARD AT ALL

09 RING DIP 15 REPS

Muscles worked



You're done with the metal for now. Power through these bodyweight moves to finish strong and max your calorie deficit. Grab the rings or bar and lift yourself so your weight rests on your hands. Your arms should be straight but not locked (A). Keep your elbows tucked in and lower until your arms are bent at a right angle (B), then press yourself back up.

36 MEN'S HEALTH MENSHEALTH. COLUK

10 CHIN-UP 15 REPS

Muscles worked









This final move will give you a good 'pump' before you call it a day. Grab the bar with an underhand grip and hang with your elbows straight (A). Narrow your grip if you're struggling. Flex your biceps and pull your chest to the bar (B). Pull it 'down' to fire your back muscles. Peer over it for a second then slowly lower yourself.

CARDIO FINISHER

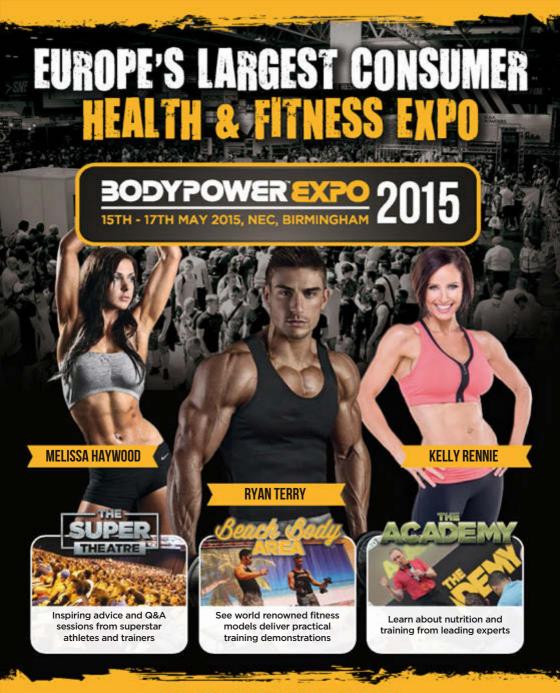
1min skipping + 20sec rest, x3. Now go home



Even if you have to take quick breaks, squeeze out every rep to max out the afterburn effect

> TURN TO PAGE 41 FOR YOUR BESPOKE **WORKDUT PLAN**

> > MEN'S HEALTH 37



TO BOOK YOUR TICKETS, GO TO:

WWW.BODYPOWEREXPO.CO.UK

CUT OUT AND KEEP ----

30-MINUTE WORKOUT

Transforming your body is a big commitment and charting your progress will keep you on course. Log your reps, weights and any cheats in these grids. Be honest now...

		J. 19		
t	20		VI	
2				
	16		No.	

EXERCISE	WEEK 1 WORKOUT 1 2 3	WEEK 2 WORKOUT 1 2 3
SPRINT	30SEC X2	30SEC X2
PRESS-UP	20SEC X2	20SEC X2
TUCK JUMP	20SEC X2	20SEC X2
BAND ROW	20SEC X2	20SEC X2
BURPEE	20SEC X2	20SEC X2
TIGHT ROTATION	15SEC X2	15SEC X2
BODYWEIGHT Squat	20SEC X2	20SEC X2
RESISTANCE Band Punch	10SEC X2	10SEC X2
MOUNTAIN CLIMBER	16SEC X2	16SEC X2

MENSHEALTH.CO.UK

SPLIT SQUAT

ROTATIONAL

PRESS-UP

45-MINUTE CIRCUIT

Ready to take your fat loss to phase two? Keep tabs on your efforts by charting your weights or times, then watch your progress over the next fortnight

20 X 2

16 X 2



LONG-LEVER Plank	30SEC X 2	30SEC X 2
REVERSE LUNGE	20 × 2	20 × 2
SHOULDER Y	20 X S	20 X 2
CLOSE-GRIP PRESS-UP	5X X	5 × 5 × 5 × 5 × 5 × 5 × 5 × 5 × 5 × 5 ×
AB SNAIL	8 X X	8 X X
SHOULDER T	20 × 2	50 × 5
EXTREME CLIMBER	5 SETS X 2	5 SET S X Z
BASTARD	5 SETSX 2	5 SETS X 2

40 MEN'S HEALTH MENSHEALTH.CO.UK

This final workout will turbocharge your metabolism, but results don't come easy. Seeing your hard work on paper will spur you on. Try not to sweat all over the page

EXERCISE	WEEK 1	WEEK 2
	WORKOUT 1	WORKOUT 2 1 2
BARBELL LUNGE	20 × 2	20 × 2
BENT-OVER ROW	15 X 2	15 X 2
CLEAN AND JERK	15 X 2	15 X 2
BENCH PRESS	15 X 2	5 × 2 × 2 × 2
FRONT SQUAT	15 × 2	5 × 2 × 2
SHOULDER PRESS	55 X 2	15 X 2
DEADLIFT	15 × 2	5 × 2 × 2 × 2
DUMBBELL Pullover	55 X 2	5 X Z
RING DIP	15 X 2	5 × 2 × 2
CHIN-UP	15 × 2	5 × × × × × × × × × × × × × × × × × × ×

CUT OUT AND KEEP

SLIMMER PICKINGS

Not sure where to start with weightloss supps? It's hardly surprising. But MH and science have your back with the most effective, worthwhile leg ups on offer. Let them take you from green fat burner to a truly lean machine



BOOST YOUR TRAINING

First things first, you need to squeeze more value out of your exercise to spike your metabolism as much as possible. Stoke your body-fat incinerator with any of these









<u>01</u>

BETA MILEAGE

Training at your cardiovascular limit is the key to leaving your belly fat for dust. The Journal of Sports Nutrition found that beta alanine increases your VO₂ max and overall endurance, so you'll clock up more miles, whatever your cardio of choice.

BETA ALANINE £4.50 for 25 servings bulk powders.co.uk



<u>02</u>

GO WITH THE FLOW

Few supplements boost performance in the gym and aid recovery as soon as you hit the changing rooms. L-arginine promotes the flow of blood and nutrients to your muscles before and after workouts for a body-changing double whammy.

L-ARGININE £4.45 for 50 hollandand barrett.com



<u>03</u>

FULL OF BEANS

Coffee's boost isn't only for the morning commute. Caffeine significantly increases fat oxidation, says *The American Journal of Clinical Nutrition*, and raises your metabolic rate for up to three hours after ingesting. It'll up your VO₂ max by around 4%, too.

CAFFEINE £19 for 500g myprotein.com



04 MAGIC MUSHROOM

It's often been claimed cordyceps is the secret ingredient in China's Olympic success. The men in white coats agree. The fungus can lift your metabolic threshold – the point at which you get cramp – by an impressive 10.5%, University of California studies concluded.

CORDYCEPS £25.50 for 90 caps reflexnutrition.com





CUT YOUR CRAVINGS

With the sweaty work done and dusted, your next battle is fought and won in the kitchen. Keep your nutrition plan on the straight and narrower with an assisting hand from our next category of transformation aids



01

DOUBLE DEFENCE

The combination of chromium and yerba makes a powerful tag team for pinning fat-inviting hunger at its source. Researchers in Texas found that chromium can also help to enhance your body composition, improving the ratio of body fat to lean mass.

SCI-MX PYRO MX £28 for 180 amazon.co.uk





02

SUNNY D

Vitamin D deficiency affects over half of Brits during spring and winter. Studies have shown that too little of the sunshine vit can prevent the hormones that switch off your appetite from working properly, so pop a daily pill to avoid snacking off the blues.

VITAMIN D3 £8 for 100 hollandand barrett.com



03

SHAKE OFF HUNGER

Extra fat

taking omega-3 supps.

University of South

Australia

Gorging on buttered toast before you hit the hay isn't the ideal way to round out a hard day's training. If dinner doesn't do the trick, down a casein shake. Unlike whey, it's digested over several hours, leaving you full enough to dodge the fridge-light feast.

CASEIN £30 for 908g amazon.co.uk



04

OIL CHANGE

Fish oil has become a bathroom cabinet staple and for good reason. Aside from the brain-boosting effect, its fatty acids reduce appetite and keep you full for longer by triggering the release of chemicals that tell your body it's not running on empty.

OMEGA-3 OIL £5 for 90 caps myprotein.com





RE-UP YOUR WILLPOWER

Once you're training hard and eating right, you just need the motivation to stick with it. Our final group of performance-enhancers were chosen to keep you focused on your weightloss goal, without exhausting your reserves of determination







RISE AND SHINE

Get out on the lean side of bed every morning. Scientists in Israel discovered supplementing with tyrosine can help to combat low mood and stress associated with calorie reduction. You won't feel like surrendering your gains any time soon.

L-TYROSINE £5 for 50 caps hollandand barrett.com



HEAVY METAL

This much L-tyrosine will

improve your mood

Maryland University

Keep that extra plate on the bar. Fearing future pains takes the edge off your desire to push your limits. Top up on magnesium to prepare your muscles for a big session. You'll also benefit from a boost in energy, the Journal of Applied Physiology found. Your PB awaits.

MAGNESIUM £13 for 150 amazon.co.uk



EAT, SLEEP, TRAIN

Lingering muscle soreness can convince you to throw in the towel in early - if you pull on the gloves at all. Reduce time on the canvas with creatine: it supports protein synthesis, helping you recover faster from your spar with the. squat rack or treadmill.

CREATINE £13 for 250 pills myprotein.com



SI FFP OFF SI OBBFR

Washboard abs aren't built on four hours you need a good-night quarantee. L-theanine is an amino acid that helps you doze off by reducing your stress perception. Recharge your body and mind every night - tomorrow is another chance to leave the old you behind.

L-THEANINE £21 for 100a myprotein.com







FEET-UP FAT LOSS

Burn those last kilos with zero effort by making weightloss a habit. These home tricks will ensure your metabolism never has any downtime

SCALE UP YOUR RESOLVE

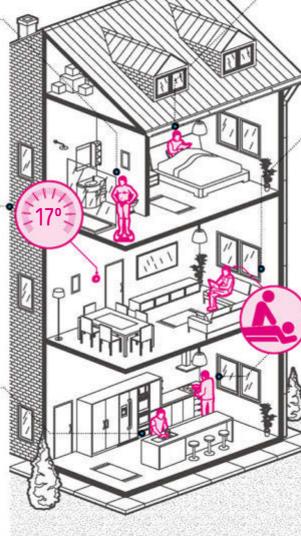
Science has added weight to the case for daily gut checks. Men who hop on the scales every morning drop more fat and have less urge to bingeeat, found a study in Health Psychology. Not bad for 5sec in your bathroom.

DON'T LOSE YOUR COOL

If the weight won't shift, chill out. Men in warmer houses are twice as likely to end up obese, says the International Journal of Obesity. Set your dial to 17°C – this activates your brown fat stores, which use up more calories.

WASH YOUR HANDS OF LARD

A study in Obesity linked a common cold virus with weight gain. And it's not down to comfort eating: the adenovirus-36 strain increases your fatcell count and even makes the cells, well, fatter. Scrub up to help you slim down.



TURN OFF THE NIGHT LIGHT

After-dark iPad use drains your batteries. The blue light from e-devices alters your sleep cycle, making your metabolism sluggish, Ohio State University reports. Swap 10pm swiping for a copy of MH. No more night errors.

SHUT DOWN JUNK CRAVINGS

Rough week? There's a reason you turn to takeaway. Research in Neuropsychopharmacology found stress hormones amp up your penchant for pizza. Order up a massage instead, to make eating clean a lot more relaxing.

GIVE YOURSELF A HEAD START

Say no to the snooze button. University of Bath studies show those who eat big in the AM unconsciously raise their activity, burning 442kcal more than those who skip breakfast. Fit in some reps with the fork and enjoy the afterburn.



OMNI MX® HARDCORE

Leave your mark on the gym with the UK's No.1* all-in-one mass gainer.

OMNI MX® HARDCORE contains the most advanced matrix of 14 bioactive ingredients packed into one great tasting shake. A daily dose provides 90g GRS 9-HOUR® Protein for sustained muscle growth, 10g Creatacore™ Creatine for increased workout power, 150g Cross-Action™ Carbohydrates, 11.4g BCAAs and a powerful stack of Glutamine, Arginine AKG, Beta-alanine, ZMA, HMB, Aminogen®, Avena Sativa and Nettle Root Extract.



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Our countdown of the must-buys of the year-so-far. With 50 of the freshest jackets, joggers, bags, hats and watches, don't stop till you get enough



66

CLEAN BREAK

Crowd clamouring for an encore? Of course they are. For a big finish, polish up on the 'top rock to head spin' to get buff and win every dancefloor battle



T&CS *WHILE STOCKS LAST, OFFER ONLY APPLICABLE TO TRANSACTIONS THAT TOTAL £150 OR MORE FROM A SINGLE TRANSACTION FROM THE SPORTS FASHION AND MEN'S CASUALS DEPARTMENT FIFTH FLOOR CUSTOMERS WILL NEED TO JOIN THE HARRODS REWARDS PROGRAMME IN ORDER TO ACCESS THE OFFER. OFFER IS NON-TRANSFERABLE AND NO CASH EQUIVALENT WILL BE GIVEN







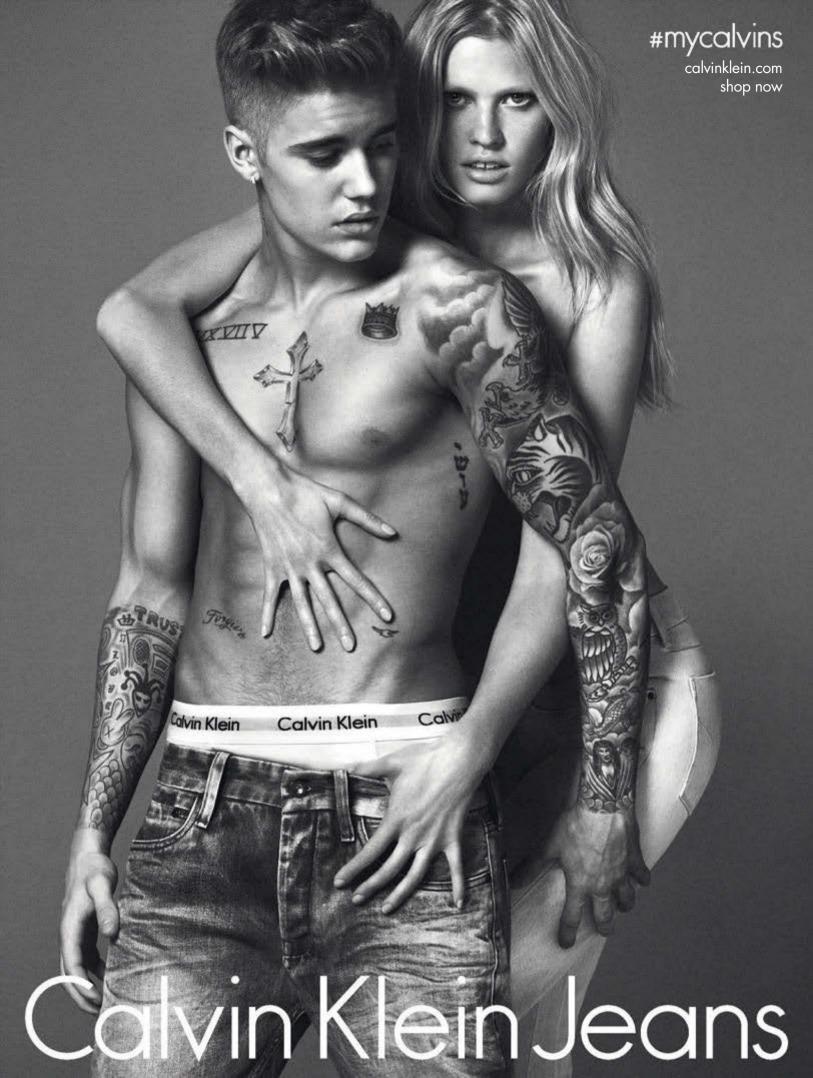


BATTER UP FOR A STYLE HOME RUN

This on-point baseball top knocks it out of the park

Tiger of Sweden threw a curveball at London Collections: Men last summer by sending models down the catwalk wearing suits with baseball shirts. "It was inspired by the Baseball Furies gang from cult film *The Warriors*," says Ronnie McDonald, the Scandinavian brand's winningly named Scottish designer. And it's not as wild a pitch

as it sounds, either. The lack of a foldover collar makes a baseball shirt inherently casual, but in this case its pared-back monochrome aesthetic, plus long sleeves and cuffs, mean it can reliably pinch-hit in smarter outfits "for a sharper, contemporary look," he says. In short, it covers all bases. £159 Tiger of Sweden





013

Take your cues from one of the busiest men in music and fashion and keep vourself fresh from head to toe



01 PERFUMER

Rejoice: you can now smell like Pharrell (namely sandalwood, neroli and patchouli) thanks to Comme des Garçons' confusingly named GIRL. Don't fret: it's unisex, and one of the few celeb scents we'd endorse.

£80 COMME DES GARCONS X PHARRELL WILLIAMS

PLANET SAVER



SNEAKER GURU

Adidas Stan Smiths are as ubiquitous as Pharrell himself since their re-release. Happily, his standout multicoloured and lesser-spotted polka-dot styles will mark you out from the rest of the crew.

£110 ADIDAS ORIGINAL = PHARRELL WILLIAMS



SONIC SPONGE

Pharrell is also the In-between producing co-designer and Snoop's new album curator of G-Star's Bush. Pharrell (with environmentally NERD) is scoring the friendly range Raw next SpongeBob For The Oceans, which SquarePants film, so turns waste plastic expect another huge reclaimed from the summer toon. He's also playing live in sea into denim. jackets, T-shirts and, Leeds, the Isle of yes, hats. That way, Wight and Dublin everyone's Happy. this summer. Phew.

£160 G-STAR RAW IN CINEMAS 27 MARCH



PLATE SPINNER

Pharrell's clothing brand Billionaire Boys Club has teamed up with Majestic Athletic, which makes the official sportswear for the NFL, the NBA and the MLB. This on-trend baseball jersey is a bigger hit than, well, Happy.

£75 BILLIONAIRE BOYS CLUB X MAJESTIC

A CHANGE OF TUNE

More musicians who've turned maestros of style

CHROMEO

The electro duo have a capsule collection with experimental brand Surface to Air.

JAMES LAVELLE

The DJ, producer and man from UNKLE has designed a range for Nike called Mo'Wax.

BEASTIE BOYS

Obey created T-shirts for the foundation set up in memory of Adam 'MCA' Yauch (RIP).

06 STARMAN

Not content with one partnership, Pharrell's BBC has teamed with US military supplier Alpha Industries, adding a NASA patch and star print to the latter's MA-1 flight jacket. It's so far above standard issue it's out of this world.

£265 BILLIONAIRE BOYS CLUB X ALPHA INDUSTRIES

STOREKEEPER

In March, a full-on Pharrell mecca opens in London, selling his Billionaire Boys Club and Ice Cream lines. as well as his Adidas apparel, scent and this commemorative hat. In short, it will be the ideal place to shop it like it's hot.

£45 BILLIONAIRE BOYS CLUB IDN CAP



HEHOUS DEMOUS

No, we're not taking the Mickey: from Disney to Deadmau5, there's a serious rodent infestation in the worlds of style and music. Take a bite of the big cheese

Music



06 Times he has been up for a Grammy but missed out

3.090.000 This many Twitter

fans make him the 4th most popular DJ on social media (Alas, David Guetta wins)

Name

Joel Thomas Zimmerman

Age 34

Born Canada

Mice

12 The height in feet of the two-ton mouse-headed robots that have become a fixture of his Vegas gigs

The number of

pages submitted by

Disney in their legal

challenge against

eared logo

his use of a mouse

171

The weight of one of his famous mouse heads. (It's triple



36,517,754 Times Strobe's been streamed on Spotify.

A lot of mouse clicks

The top three artists on his record label Mau5trap: 1 Foreign Beggars 2 Le Castle Vania 3 Tommy Lee and DJ Aero



Motors



Price he advertised his Nyan Cat-themed 'Purrari' for on Craigslist, Ferrari forced him to revert it to factory settings

\$380,000

\$1.15M

The rather more substantial cost of his new McLaren P1, which he named 'The Meowclaren'. Spot the theme

Money

10

\$300,000

Cost of his old McLaren 650S that he used working as an UberX driver for a night in Toronto ("for shits and giggles")



that with LEDs on)

Dead mouse he found in the back of his computer that inspired his name

BEHIND THE MASK

Deadmau5 is one of the biggest names in EDM. Ahead of his Entropy tour, acquaint yourself with his big numbers



\$435,000

His wage for one gig during his Las Vegas residency

His ranking in the list of top-earning D.Js in 2014:



\$500,000

The amount he lost playing blackjack in a single Las Vegas weekend



MICKEY MOUSE SURVIVORS

Many Hollywood stars got their break from Disney. Here are their grown-up offerings





RYAN GOSLING

The really ridiculously good-looking Drive and **Mickey Mouse Club** alumnus makes his directorial debut with the dark fantasy drama Lost River (24 April).



JUSTIN TIMBERLAKE

The multitalented JT stars in and produces Spinning Gold, a Spike Lee-directed biopic of Casablanca Records co-founder Neil Bogart (release date TBC).



JOSEPH GORDON-LEVITT Having debuted in

Disney's Angels in the Outfield, JGL will now only star in 'good films' - like The Walk, about a Twin Towers tightrope, er, walk (2 October).



The goofy teen from the Disney Channel's Even Stevens will become a Man Down as a marine in post-apocalyptic America - minus the paper bag (30 October).







WATCHES

WWW.THOMASSABO.COM

~*******

Super clubs are for tourists. Go under the radar for the UK's best dancefloors and their unspoken dress codes

LEEDS

JUNGLE JAM

What The clue's in the name. For almost 10 years Jungle Jam has been a driving force in the genre. "Its warehouse parties pull in pioneers like Nicky Blackmarket and Micky Finn," says Ranjha.

Contact junglejamuk.com

Wear "To make your mark you want a nod to old-skool style but with a modern silhouette," says Green. Let us translate: a satin bomber will be bang on target.

BOMBER £200 BILLIONAIRE BOYS CLUB

GLASGOW NUMBERS

What A house night where regulars such as Jackmaster combine with the bodysonic dancefloor, which emits bass through the ground, to get the crowd literally bouncing.

Contact nmbrs.net Wear "Graphic-print Ts and snapback caps are house staples," says Yasser Ranjha, DJ on the BBC Asian Network.

T-SHIRT £55 LES BENJAMINS

BIRMINGHAM SHOREBITCH

What "With its mix of garage and filthy basslines, you can always tell a Shorebitch night," says Ranjha. The night boasts everyone from resident DJs Bill & Will to high-profile headliners such as Ms Dynamite.

Contact shorebitch.com Wear "Streetwear site Wavey Garms drives the style: '90s sports- and skatewear," says Benenson. Expect bucket hats.

BUCKET HAT £40 PENFIELD

BLACKBURN

SOUL NIGHT OUT

What "This long-running Northern soul night plays the likes of Yvonne Baker and Tommy Ridgley," says Liam Green, senior designer at Hype. Star jumps, spins and headstands evoke the memory of all-nighters at Wigan Casino

Contact kinggeorgeshall.com Wear Leather-soled brogues for sliding on the floor and widecut trousers: "You need room to throw moves," says Green.

BROGUES £220 GRENSON

CARDIFF

CELLAR DOOR

What "It's a techno rave in a bank vault," says Ranjha. "Come on, what more do you want?" Well, we'll take the emerging local DJs alongside residents and the retro cartoon cinema upstairs in the bank. Contact cellardoorcardiff.com

Wear "A long T or a button-up plaid shirt will stand you in good stead," says James Benenson of underground festival FOUND.

-SHIRT £145 POLO RALPH LAUREN

LONDON TRAP93

What Trap is a hybrid of 'crunk' hip-hop and dubstep with bone-shaking basslines. Trap93's weekly night is a leader on the scene "playing old and new trap, with some 808 bass and hip-hop thrown in," says Green.

Contact facebook.com/trap93 Wear Street goth. "There's a Rick Owens feel: long layers under loose tops, leather jackets," says Benenson. NB Not 'Dick Owens'.

SWEATER £70 AQ/AQ



HOW TO LADIES

The hottest new female artists tell us which clothes make you cool. If you want to make their playlist, vou'd be advised to listen up





FOLLY RAE

25, folk-pop singer-songwriter "I like my men dressed pretty simply: some fitted jeans, a plain T-shirt and crisp trainers. And rings too! I love guys who can rock chunky, arty rings. But please God, no man bags."

"RUN FOR COVER" IS **OUT ON 15 MARCH**

£185 SEVEN LONDON



FLORRIE

26, electro-pop singer-songwriter "Personally I think you can get away with pretty much anything, if you wear it with confidence... But I don't think you can go too far wrong with a pair of

well-fitted jeans." "TOO YOUNG TO REMEMBER" IS OUT ON 8 MARCH

£30 TOPMAN



24, soul and R&B singer-songwriter

swag' like the timeless combination of jeans, white T-shirt and lived-in leather jacket. But don't forget the essential accessory: a trademark scent. I love Tom Ford."



ESPA

"Nothing says 'effortless

"150TH & BROADWAY" IS OUT NOW





ALEXA GODDARD

26, pop and R&B singer

"I like suede Chelsea boots with a pair of nice fitted jeans. On a casual vibe, I love to see a guy in a classic black quilted biker jacket with a plain T - that whole James Dean thing."

NEW SINGLE "SO THERE" IS OUT NOW







24, electro-R&B

singer-songwriter "I like a guy with an individual style, not something picked out by his mum or airlfriend. I really love a white T-shirt: the James Dean look. And a musky fragrance always gets me too - whether it's

on a man or a woman." TEI SHI'S NEW EP IS OUT IN MARCH

£40 POLO RALPH LAUREN





SASHA KEABLE

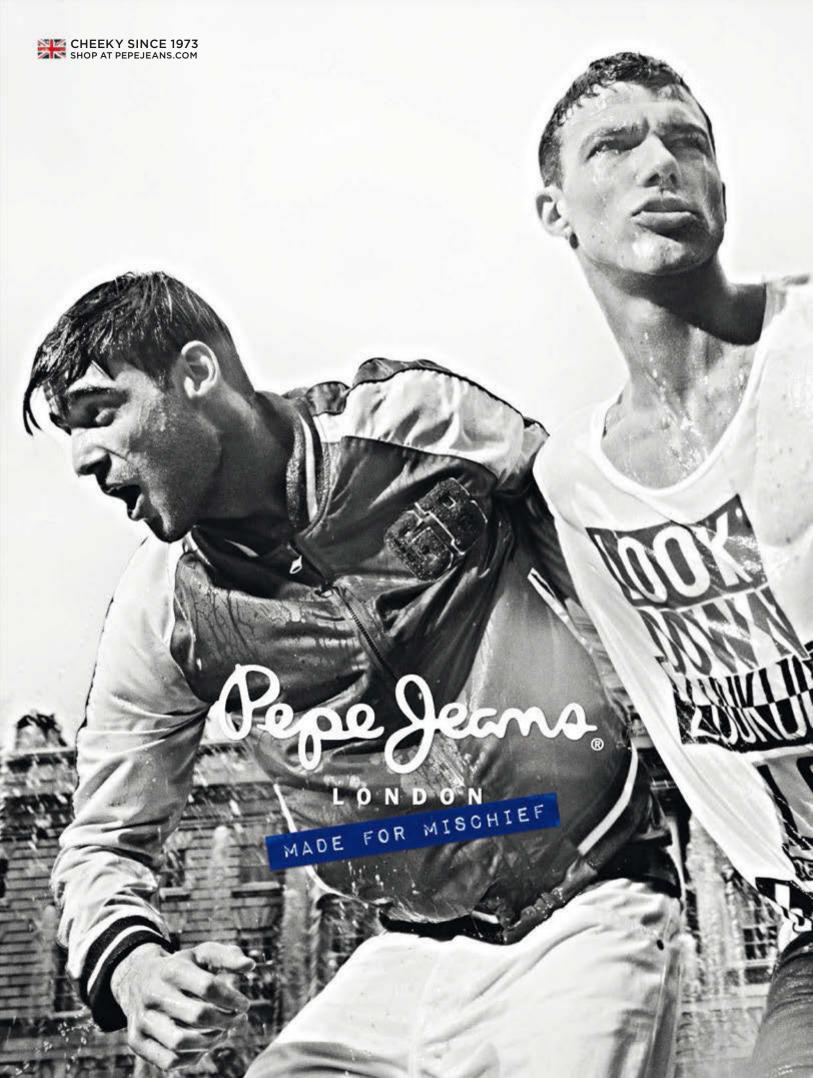
20, soul and R&B

singer-songwriter "I love black and white **Adidas Superstars** because they're so classic and the shape is great. Team them with a well-fitted pair of black jeans and a white T-shirt and you've definitely caught my attention."

"LEMONGRASS AND LIME LEAVES" IS OUT NOW

£63 ADIDAS AT FOOTLOCKER

MH | URBAN ACTIVE |





PIQUADRO

ITALY

ENGINEERED FOR BUSINESS



www.piquadro.it

LONDON 67 Regent Street



KEEP ONE FOOT IN EACH CAMP

Toe the smart-casual line with these compound kicks The trainer-style rubber sole may strike you as a discordant note on what are otherwise conventional shoes. But they were composed specifically to work in harmony with black tie. "The 'tuxedo shoe' mixes traditional tailoring elegance with sportswear," say twins Dean and Dan Caten, the duet behind DSquared2, presumably in unison. "We designed

them to be unexpected, but also versatile." An eye-catching hybrid of sneaker and double monkstrap, they'll dress up a casual outfit or dress down a smart one. With the caveat that, if you are going to wear them with your tux, just ensure the event is more Brit Awards than Last Night of the Proms. £400 DSquared2





his isn't Swan Lake, The Nutcracker or even Billy Elliot: this is functional strength as an art form. BalletBoyz was founded in 2001 by Michael Nunn and Billy Trevitt, two tearaway principals of the Royal Ballet, as addicted to cigarettes as they were dancing, who got bored of the preening pomposity intrinsic to the institution. First as a double act and now behind the 10-man company, their edgy shows have attracted a new type of audience – and performer. Company star Matthew Rees (stubbled, tattooed and one step away from the Royal Marines before he enlisted) and co are currently touring a new show, The Talent 2015 - "an evening of style, excitement and muscular grace" - nationally and internationally.

Ballet's fitness benefits are also attracting a new audience. Contrary to popular belief, it was chiefly ballet, not yoga, that helped Ryan Giggs defy age and injuries. NFL players such as the Pittsburgh Steelers' nose-tackle Steve McLendon use ballet to improve agility - and freely admit that it's the hardest part of their training. (Try calling them "girly".) Mick Jagger even credited ballet for his stamina at Glastonbury. That in turn explains the rise of studios such as London's Barrecore, and why gym chains like Virgin Active are rolling out classes nationwide. But before you running split-jump into it, follow these steps.





IT ALL STARTS IN THE MIDDLE

On every spin and lift, the BalletBoyz generate enough torque through their midsection to match an MMA wheel kick. And they do it over and over again - on their tiptoes. "We do this by building a base of strength around the muscles you can't see and engaging the whole core," says Rees. If you want to achieve this kind of strength, your abs circuit needs an edit: "Imagine bringing your belly button to your spine and hollow out your stomach each time you crunch or plank," says Rod Buchanan, trainer at London's Barrecore. This works deeper into your abdominal wall, activating more muscle fibres; it also creates a truly flat stomach, as opposed to a distended muscle belly.

ADAM WEARS

JACKET £1425 DSQUARED2 AT HARRODS

COAT £695 DRIES VAN NOTEN

JOGGING BOTTOMS £30 RIVER ISLAND BOOTS £440 ADIDAS BY RICK OWENS

MATTHEW R WEARS

GILET £140 STONE ISLAND

TOP £1095 PAUL SMITH

SHORTS £28 TOPMAN — SHOES £350 MR HARE

MATTHEW S WEARS

JACKET £780 MICHAEL KORS AT HARRODS

HOODIE £25 RIVER ISLAND

JOGGING BOTTOMS £335 HELMUT LANG AT HARRODS

-SHOES £250 Y-3

BRADLEY WEARS

WAISTCOAT £295 THE KOOPLES AT HARRODS

T-SHIRT £15 H&M

-SHORTS £295 THE KOOPLES SPORTS AT HARRODS

BOOTS £115 DR MARTENS

TIP NO.

YOU'RE SHOOTING FROM THE HIP

Target your warm-up to trigger explosive power on the stage, the pitch or in the squat rack. "We spend 30 minutes on our joints at the start of each session," says Rees. 'Cold' ankles, knees and hips lead to tight tendons and injury. If you can't spare half an hour, aim for your hips: your key limiting factor if they're tight. "A hip flexor stretch with torso rotation hits the psoas, which provides stability to your back," says Patrick Rump, sports scientist to the English National Ballet and founder of dance advisory GJUUM. "It'll also loosen your rectus femoris connected to the knee - which will boost squatting strength." You'll bring the heat.





SLEEVELESS HOODIE £775 GIVENCHY BY RICCARDO TISCI AT HARRODS

JOGGING BOTTOMS £335 HELMUT LANG AT HARRODS

SH0ES £250 Y-3

LEON WEARS

HOODIE £150 COS JOGGING BOTTOMS £85 WHISTLES SHOES £85 ADIDAS







TIP NO.

04

ADD WEIGHT — BUT DON'T GAIN IT

Dancers have to monitor their weight as much as boxers and gymnasts. But building the strength necessary for a 90-minute performance without bulking can be a challenge. For the BalletBoyz, it's a case of fitting in as much as they can around rehearsals. "I've resorted to filling a rucksack with books and repping out press-ups in my bedroom," says BalletBoy Bradley Waller. For those of you with more time, Rump suggests lifting 90% of your max weight through a low rep range: "This trains your body to use more muscle fibres, which adds strength without the extra size." It's the opposite of a bodybuilder's hypertrophy regimen, and the reason Jim Bro and his buddies fail when it comes to functional strength.

TIP NO

05

SHAKE A LEG FOR UNBREAKABLE LUCK

They may be considered artists rather than athletes, but a dancer's schedule is no less gruelling. When training six days a week, recovery is vital. "After every session I shake out my legs to release tension and drain my muscles of lactic acid," says BalletBoy Matthew Sandiford. "Do it on the floor with your backside and legs against a wall." Sports science supports this common sense approach. "After a workout, your muscles are under high tension," says Rump. "Interrupting it with vibrations helps neural relaxation, and decreasing tension will loosen and lengthen your muscles." Shake it out for three sets of five seconds after exercise and hit the sofa safe in the knowledge that you'll be able to get up again.





WATCH YOUR FORM IN THE MIRROR

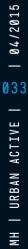
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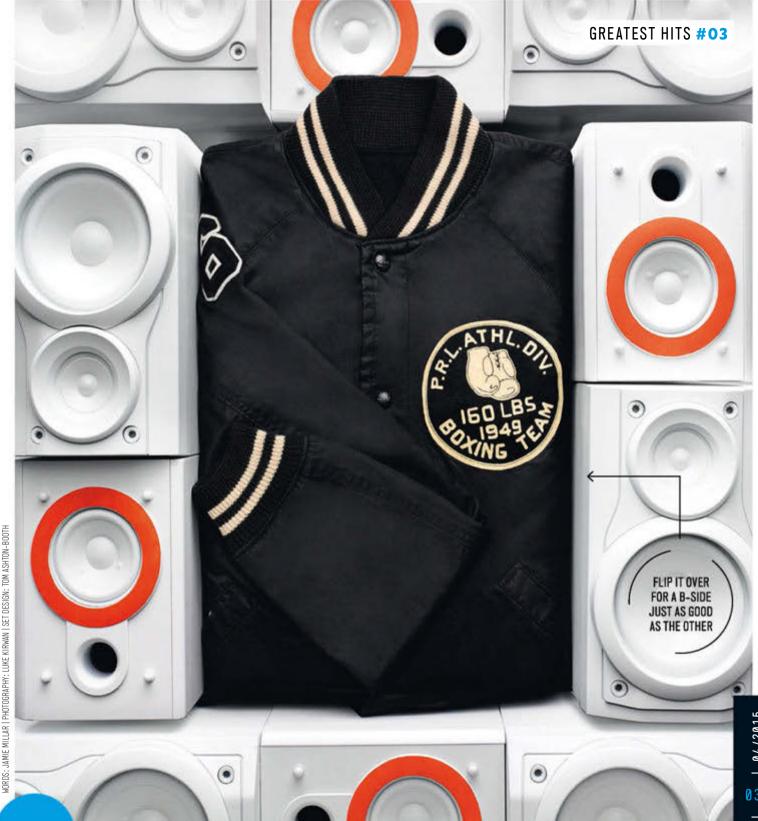
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At once lean, strong and functional, a dancer's physique is highly covetable. "Ballet works the muscles you don't normally use," says Sandiford: specifically, the small stabilising ones, oft-neglected in the gym, that prevent injury and improve bench-hunched posture. But if you're hankering for a quicker fix than months of presages and grand jetés, try this. "Place a finger in your belly button and cough," says Buchanan. "You should feel a twitch in your core. Replicate that when standing to tighten your stomach." Combine with pulling your shoulder blades back to cut (visual) inches from your waist and add them to your torso. In future, spend less time on your disco muscles and more on your ballet ones.





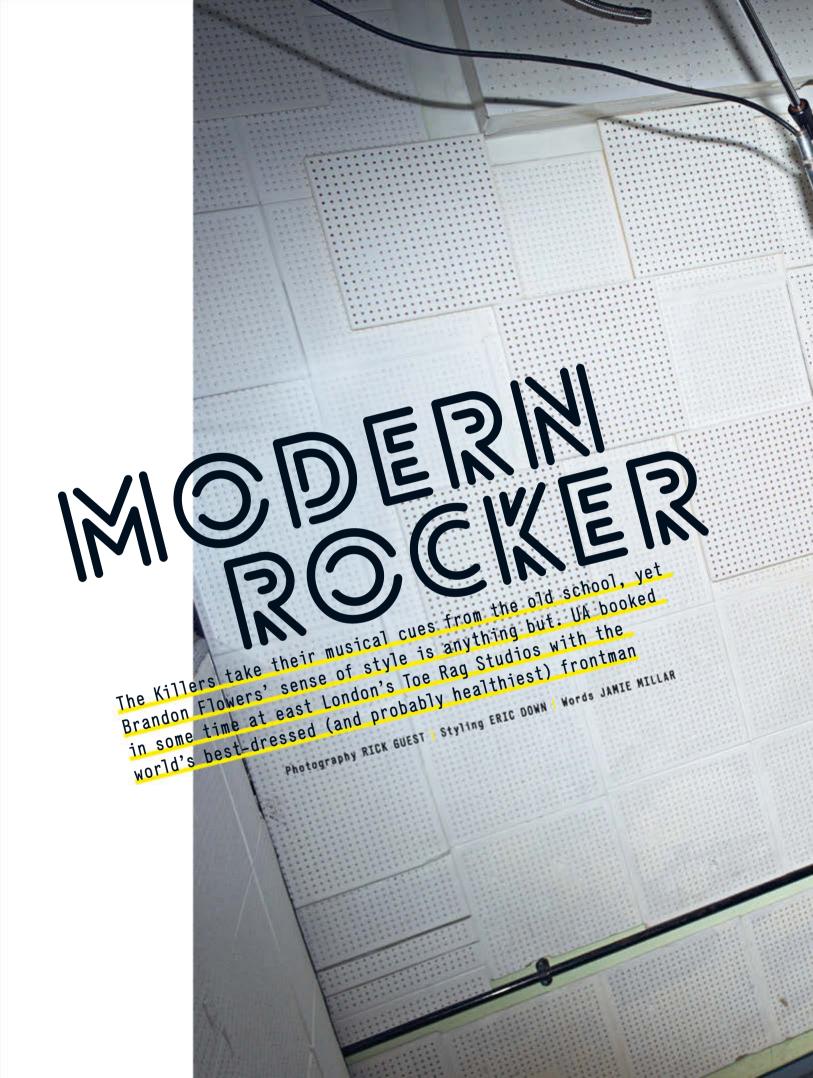


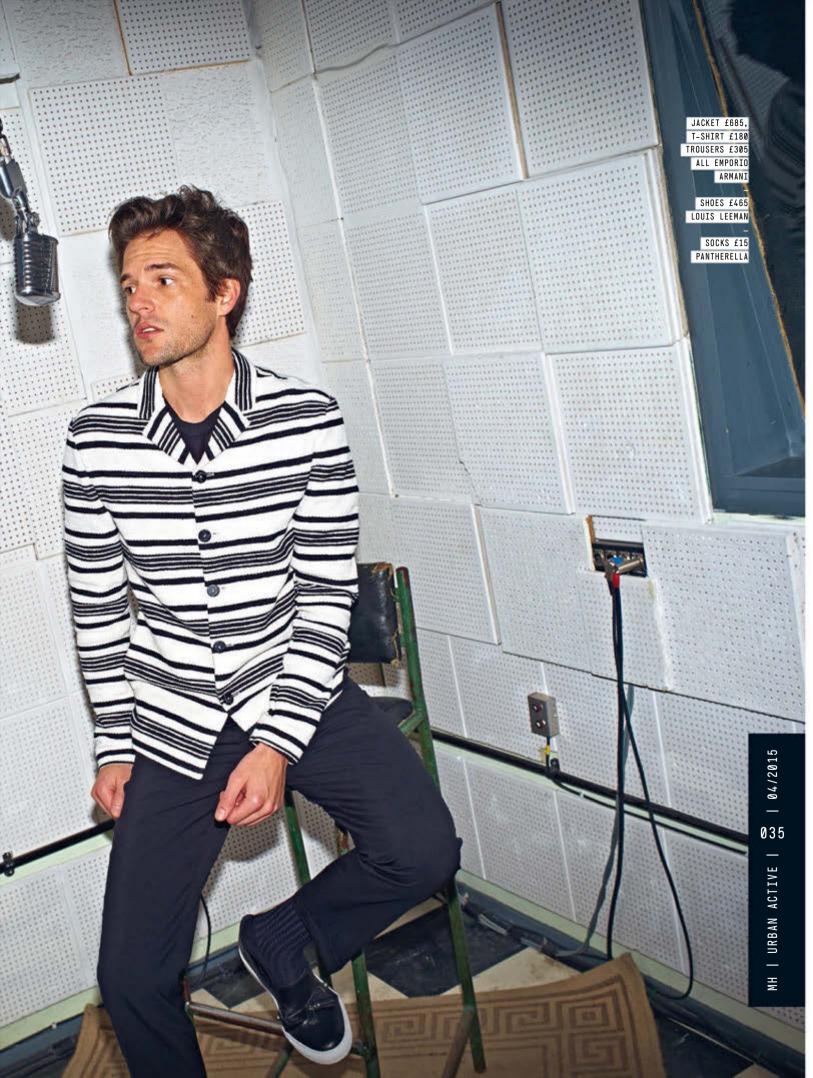


WIN WITH A DOUBLE KNOCKOUT This reversible boxing varsity will punch you up

As the name suggests, Polo Ralph Lauren has always had an affinity with sport. But this season, the preppy pioneer has hit the gym in a big way, with a set of 'pre-worn' hoodies, sweatpants, denims and bikers (OK, so you might wear the latter two on the way) in a monochrome palette that makes them feel at once modern and retro, not to mention tough.

The real champ, though, is this reversible varsity jacket. Rock this satin finish with 'New York Boxing Club' emblazoned on the back, or switch up your stance to matte cotton twill with a Letterman-style 'P' patch at the pec. Handy for more understated combos - or if someone is likely to call you out on your slip-jab. £595 Polo Ralph Lauren







randon Flowers is 15 minutes late for his interview. But he's got a good excuse. "My gym is closing down today so it took a lot longer to get out: everybody was saying goodbye," explains the Killers frontman, apologetically. "Being in the city, it's the closest we get to that small-town sense of community."

The city where Flowers makes his home is fabulous Las Vegas. Such a vivid, lurid locale can't help but infuse and inspire much of his musical output. If The Killers' indie and dance-tinged debut *Hot Fuss* was a love letter to Britain and '80s bands such as New Order, Depeche Mode and The Cure, then their subsequent records have been an epistolary romance with Vegas, soundtracked by epic stadium rock in the Springsteen tradition. *Sam's Town*, The Killers' second album, was named after a Vegas casino, and Flowers' first solo record, *Flamingo*, after the road on which it sits. The lead track is called *Welcome To Fabulous Las Vegas*.

Flowers' second, as-yet-unnamed solo album, due out this spring, promises to be a departure in more ways than one. Although he's in the studio without his regular bandmates, he's not completely alone, working with up-and-coming producer Ariel Rechtshaid. "Fresh: that's the word for Ariel," says Flowers, and not just because of Rechtshaid's background in hip-hop. (He's also produced Vampire Weekend and Haim.) "He's got a completely different approach to making records than anything I'm used to," says Flowers. "I feel like there's something authentic and a little bit more adventurous about this one, that's for sure." Thematically, Flowers is also leaving

"When I was drinking and smoking, my pipes weren't as strong and I didn't have the on-stage energy I do now"



Las Vegas behind to an extent – or at least not moonlighting for the tourist board. "There may be some characters in the songs that come from Vegas, but I'm not spearheading some campaign or anything," he says. "I'm just here. And it's so much a part of me. It's always going to show its face somewhere."

You might expect that a rock star who has permanent residence in Sin City must live a life of such unbridled hedonism it would make a showering-while-swilling-whisky Nicolas Cage check into rehab posthaste. But Flowers is conspicuously, incongruously clean-living, certainly compared to the legendarily debauched rock stars of yesteryear. "Yeah, it's a new breed of rock star," he laughs. "I'm rebelling against the stereotype." He hasn't drank, or at least been drunk, for "probably seven or eight years". He doesn't smoke. He doesn't even drink coffee. And his much-publicised religious faith – he's a Mormon, a member of the Church of Latter-Day Saints, which issues guidelines on alcohol and caffeine consumption – is not the only explanation. Indeed, many of his lyrics are about struggling to remain virtuous and resist temptation.

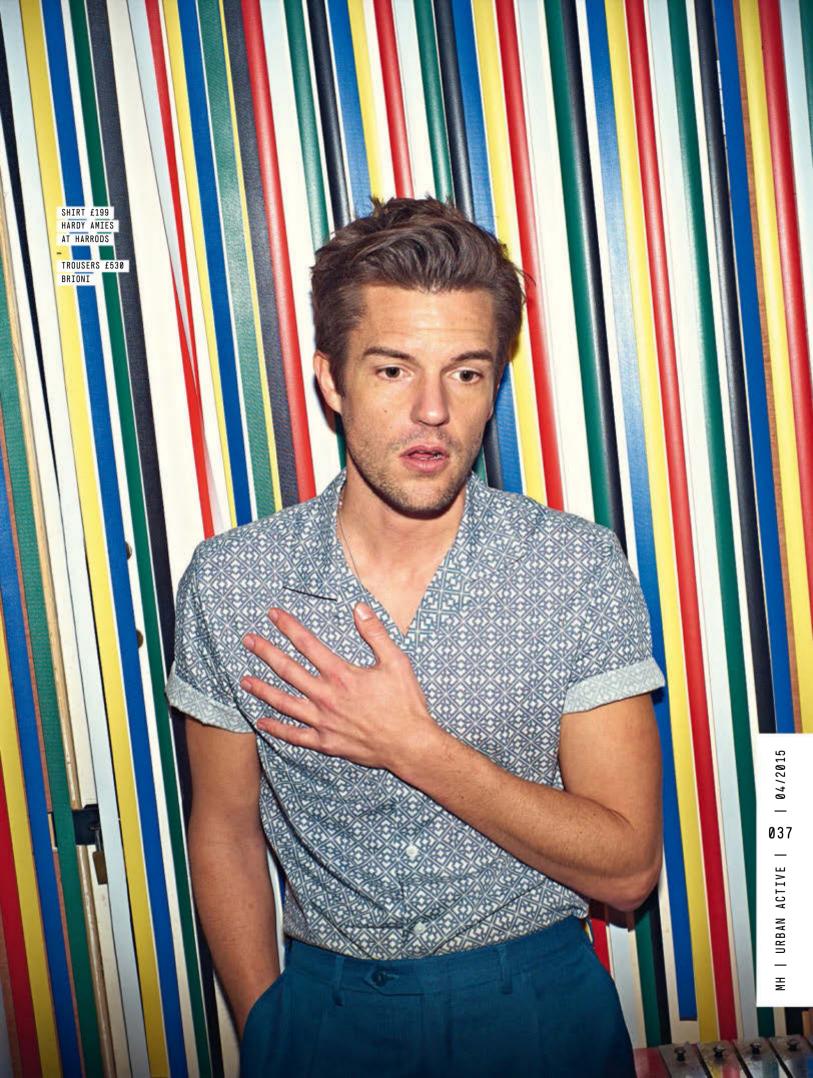
"I had kids and started realising what I want and what I don't want in my house," says Flowers, now a father of three. "There were other deciding factors. I believe it's made me a better performer and given me more longevity with my voice. I know it has, because I was there on stage when I was drinking and smoking consistently and I just didn't... my pipes weren't as strong and I didn't have the energy that I do now."

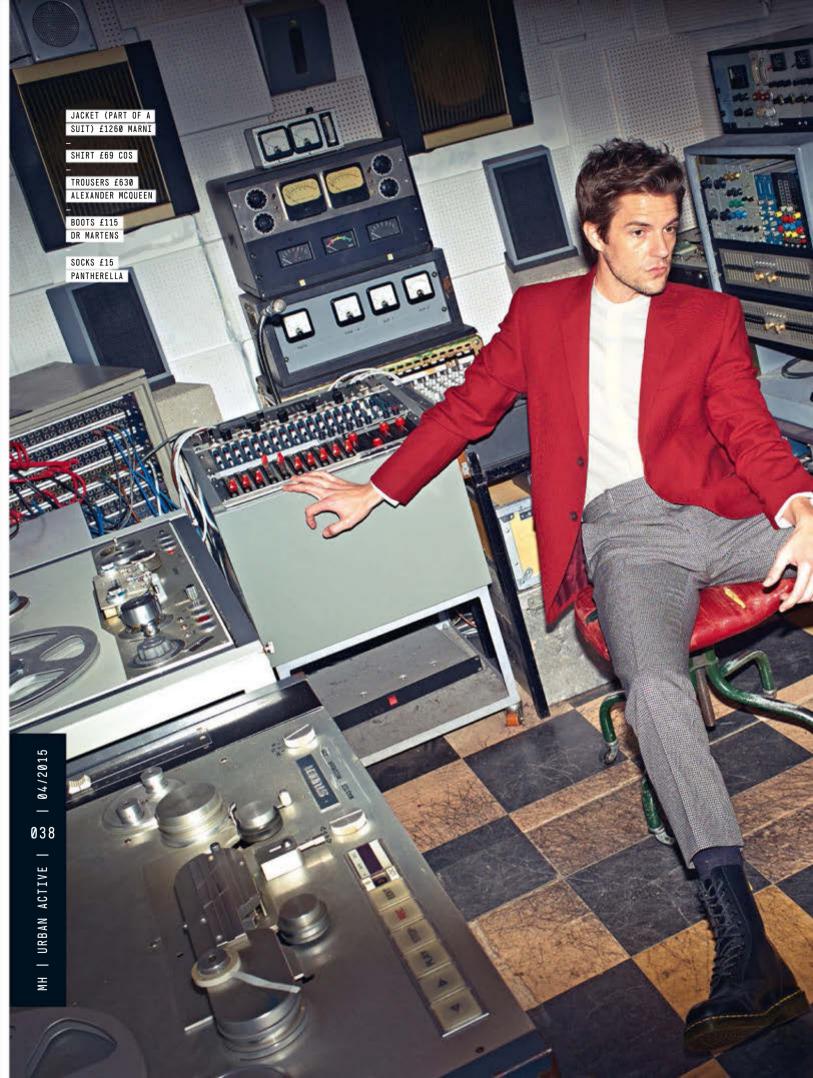
That's probably because, instead of partying all night, Flowers goes to the gym five days a week. "I do cardio and weights," he says. "I mix the cardio up: I do elliptical, StairMaster and bike to distribute the damage and not put it all on my knees..." And he doesn't see it as a penance: "There are lots of things I like about it. I need to get out of the house sometimes. I really feel the benefits of running in my brain. I feel lighter on my feet. I've got a lot more energy." That extra wattage has, in turn, helped Flowers and his Killers generate a reputation as one of the most electrifying live bands around. "I don't know if I sing correctly but it's physical: I sing with my body," he says. "Fitness has helped me with the performances."

Given the opportunity, Flowers would rather fill his newly fortified pipes with fresh air. "If I can do cardio outside then I prefer to go trail running or hiking," he says. "The Mojave Desert around Vegas is beautiful for that: we have great trails and hikes. I take advantage any time I can." That includes the height of summer: "We'll go at night, when it cools off, and hike with flashlights." And he doesn't let touring stop him either: "We've hiked all over the place. I've taken down Snowdon. The Alps. We've done good ones in Chile, Sweden... all kinds of places. It's always on my mind, where we should hike on days off. I love it."

It's not your typical frontman's idea of getting high. On tour is where rock stars are supposed to go off rails, not on trails. For most performers, being on stage is intoxicating, and in this regard Flowers is no exception: "I can't sit still for long after. I pace a lot. I'm talkative. I'm high, I guess, like a drug addict."

But where other performers might seek something similarly stimulating to postpone the comedown when they come off stage, he swerves the after-parties altogether: "I just don't go. There are only so many Cokes you can







FOLLOW THE MEN ON POINT

"Almost every frontman
I listened to inspired me with
their style," says Flowers.
Here are his bandleaders to
listen to and learn from:



DAVE GAHAN (DEPECHE MODE)

"For me, the leather jacket started with Dave Gahan and those Anton Corbijn pictures"



BERNARD SUMNER (NEW ORDER)

"If I ever have a fade haircut, then Bernard Sumner is the reason. That's 100% true"



MORRISSEY

"I got into James Dean via him. Then Marlon Brando and those other classic dudes"



ELVIS

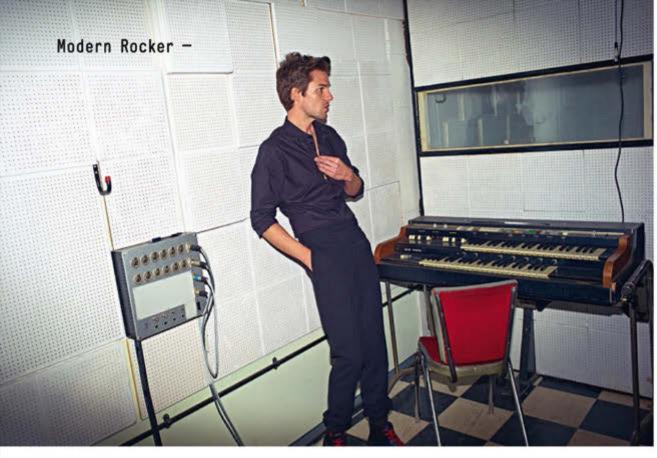
"We're really all just Elvis impersonators. That's what all of us are"

And the only one who didn't:



ROBERT SMITH (THE CURE)

"I don't know, I just can't seem to pull that hairstyle off"





"Just because Mick Jagger looks good in something it doesn't mean you will. You've got to find your own style"

have at a bar... the whole thing doesn't attract me any more." In fact, for their *Day & Age* tour, The Killers had two buses: a party one and a, um, non-party one. "The party bus!" he recalls. "There are nights when it's still around... but the longer I go on, the easier it is to stay off it."

Although whisky and vodka have a reassuring presence on The Killers' rider, there's also kombucha – a fermented tea containing stomach-friendly probiotic bacteria. But it's not at Flowers' request: "That might be down to Mark [Stoermer, bass and backing vocals]. My wife drinks that kind of stuff. I don't like it." In fact, nutrition is one area where Flowers isn't saintly. Although he's consistent with his breakfast (cereal with almond milk, banana, an Actimel), he occasionally strays from the path of righteousness. "I'm not great with diet," he admits. "It's something that I need to work on. But I love food, so fitness affords me that pleasure. Going to the gym makes it a lot easier to hit the In-N-Out Burger drive-thru and not feel so bad about myself." Hey, a rock star's got to have some vices.

Flowers' devotion to fitness has benefits extending beyond performance, and the excuse to keep up a fast food habit. Photo shoots like this is one. "As I've got older I've worked out more. The more comfortable I am in my own skin, the more comfortable I am in front of a camera," he says. Not that he has reason to feel otherwise. Even within the dandified sphere of rock frontmen, Flowers is frequently feted for his style. "It's born from the first music I listened to," he says. "It was always very style-driven, even though it was good music. People like

The Smiths, New Order: they looked the part. It's like there's an obligation once you sign a record deal that you've got shoes to fill. I've taken some style risks and failed. It's always a gamble."

The odds are stacked in your favour if you can get shoes and perhaps a skinny black suit from someone like Hedi Slimane. Flowers was a disciple of the designer during his Dior Homme heyday, which coincided with the release of *Hot Fuss*. "Hedi was great and he did so many things for me," says Flowers, who remains faithful now Slimane heads up Saint Laurent Paris: "It's pretty apparent he's the best at it. He's got his finger on the pulse. He captures classic stuff and makes it feel new."

Although he doesn't place as much emphasis on being a dedicated follower of fashion now he's a family man – "It can be time-consuming" – Flowers still knows where the pulse points are: "I love Dries Van Noten and Burberry Prorsum. Now Levi's is bringing back the classic T-shirts and denim from the '40s, '50s and '60s, so that's a real treat." Denim and biker jackets – rock classics as ageless as, well, Springsteen – are, like Vegas, recurring themes in Flowers' career. The same cannot be said of the snakeskin Dior Homme tracksuit top he wore around *Sam's Town*. "There's still a wardrobe somewhere with all that stuff in," he says. "I don't really wear it any more. But I kept some of the more... let's say interesting pieces." He says his style has matured and become more sure-footed as he's aged: "As I get older, it gets a little bit easier."

Which brings us to the killer question. Flowers' style has changed tempo with his record releases, from the guylinered Dior Homme of *Hot Fuss* to the feather-customised Dolce & Gabbana of *Day & Age*. So what's the look for the new album?

"I'm working on it," he laughs. "Sometimes you think, 'I want to wear this or that,' then you go on stage and you realise it was completely the wrong choice. I want it to be something that I feel comfortable in and comfortable performing in. Just because Mick Jagger looks good in it doesn't mean you're going to. You've got to find your own style." Amen to that.









GREATEST HITS #04

| URBAN ACTIVE |

HANDSOME NEW FACE This good-looking Swiss excels at several games

On the sandblasted steel surface, this is a damn fine Swiss-made watch with a sporty paint job. But embedded in the removable 'e-Strap' (made from specially toughened, water-repellent leather) on the underside of your wrist sits a small touchscreen that notifies you of texts, calls and social-media alerts at a glance. It also clocks steps taken and calories

burned, gently nudging you via vibration when you've been overly inactive. It can even remote-control the camera and music settings on your smartphone, plus find said gadget when you inevitably misplace it. To summarise, it blends old and new like the horological equivalent of Kanye West ft Paul McCartney. £3660 Montblanc





ot so long ago, trainers were bought either for the street or the field. They were accessorised either with blue denim or Deep Heat, and your purchasing decisions amounted to Nike vs Adidas, Puma vs Reebok. Of course, trainer fetishism is nothing new, and men have long paid above the odds for a certain colour, a bespoke ident or a special edition. But for years, the limitations remained: street or field.

Something different is happening now. Trainers are being seen in a new light and a new context as designers, stylists and trendsetters begin treating them with the kind of reverence afforded to leather soles and calfskin uppers. All of a sudden, off-duty footwear has become acceptable, de rigueur even, at events requiring a heavy-duty invite and a swanky dress code. The humble Adidas Stan Smith, for instance, has recently been upgraded from the tennis court to the frow, as evidenced by the feet of editors and buyers at the recent London and Milan shows. Some people – by which we mean Kanye West – have even deemed them acceptable attire for a black-tie event.

If this was simply a case of trainers being in vogue again it wouldn't be worth getting your laces in a twist. But it's much more than that. Designer labels such as Dior Homme, Valentino and Lanvin are muscling in on Nike and Adidas territory, ushering in a whole new category of 'artisanal' trainers. New labels, including Common Projects, Feit and Coloquy, are producing plain, understated trainers with minimal branding and charging hundreds (upon hundreds) of pounds for them. Made from expensive leathers and constructed

THE EXPERTS

These men know footwear inside out

THE BUYER
SAM LOBBAN
Senior buyer at



Mr Porter

"Designer collections have become more casual: tailoring is

about separates more than suits, while bomber and lightweight nylon or windbreaker jackets are in most collections.

Sneakers work great with these kind of styles.

There's a general feeling of comfort and ease."

THE DEALER MAGDI FERNANDES

Photographer and former director of Slammin Kicks



"I can appreciate high-end trainers, but I don't think

people will collect them like Air Max and Jordans. The fickle nature of fashion means trends are forever changing, so it'll be difficult for them to cement themselves in pop-culture history." by hand, they're stocked in high-end retailers alongside traditional footwear brands such as Church's and John Lobb. But you can forget about wearing them to the gym – these trainers have no athletic pretensions whatsoever.

"The elevation of the trainer has in fact been happening for some time," says Volker Ketteniss, head of menswear at trend forecasters WGSN. "Designers like Maison Martin Margiela have been trying to bridge the gap between trainers and high-end shoes for years. But, in the last year especially, we've seen suiting become much more casual while a lot of denim and streetwear has become smarter. People are looking for a shoe to complement that direction."

The big players in menswear have also played a huge role: "The designers who are now influencing trends – Kim Jones, Raf Simons, Hedi Slimane – grew up in a trainer culture, so it's natural that they'd look for fresh ways of approaching them."

It's not simply a trickle-down effect either. These brands' customers – that's you – have evolved too. For children of the '80s, trainers have always been a status symbol. Those who grew up with landmark styles such as the Nike Air Jordan, Reebok Pump or Puma Disc are no strangers to the allure of a synthetic sole. Neither do they subscribe to the idea that, with the onset of adulthood, sophisticated style should preclude the footwear of the playground.

Still, it's one thing to spend £95 on a pair of Nike Air Max you last wore as a teenager; it's another entirely when designer brands are charging north of £400 a pair. So what, exactly, are you getting for your money? In a word: quality.

"You'll generally find a much higher level of construction with luxury sneakers," says Sam Lobban, senior buyer at Mr Porter. "The sole units



A HAPPY SHOE YEAR

Mubi Ali, manager of the Sneakersnstuff UK branch, runs you through 2015's biggest footwear releases



01 REEBOK VENTILATOR

January

"Reebok's Certified programme focuses on the 25th anniversary of the Ventilator this year; this is just the first of some very interesting (closely guarded) collabs."

2 ADIDAS YEEZY 750 BOOST

February

"Almost certainly sold out by the time you read this, the first collab from Kanye's new home launched on 14 Feb and can be reserved via the app Adidas Confirmed."

O3 ADIDAS SUPERSTAR

March

"Last year, the Stan Smith took over the world: this year the Superstar will be, well, the star. The Eighties Deluxe is a sign of the collabs, reissues and colourways to come."



tend to be stitched, meaning they'll last longer than something that has been glued. They typically use premium leathers instead of nylon mesh, too. Luxury trainers are an investment in the same way that well-made shoes are." Last year, Tom Ford who had previously sworn he would never make tennis shoes - unveiled trainers that were benchmade like the finest traditional footwear. Berluti. which has a reputation for the latter as burnished as their famous patina, also now offers the former.

Luxury brands don't have a monopoly on high price tags in the new sneaker economy, however. Where they have quality and cachet, sportswear brands have rarity. Nike in particular is a past master at creating astronomical demand and purposefully insufficient supply, which in turn has created a huge resale market and pushed prices skyward.

Campless.com, a blog that collates trainersoriented data, ranks Nikes as the most collectable. Top of the list, with a perfect score (according to the site's algorithm), is the Nike Air Yeezy, a collaboration between Nike and Kanye West. Next is the Kobe 9, then the Jordan 4 and sneaking in at number 10 is the, um, LeBron 11. Note that these are also collaborations.

This collateral alliance has become the trainer industry's licence to print money. Joining forces with a musician, a sportsman or even a fashion designer can be incredibly lucrative both for the brands and re-sellers, some of whom actually make a living as sole traders. When the Air Yeezy 2 Red October launched in February last year, it retailed for £220 and sold out within 11 minutes; at the time of writing, it commands upwards of £1500 new on eBay. (The auction site's trainers business is up by about 31% year-on-year.)

These trainers aren't necessarily any better than the rest, they're just harder to procure. Brands know that if they restrict the supply of certain releases,

This year, the Jack

Purcell will get the

same treatment."

already. We're

launching a very

special version."

THE PIONEER ADAM LEWENHAUPT

Co-founder of luxury trainer brand Cologuy



"We have customers who wouldn't usually wear trainers

because we've created a great hybrid. Our products aren't cheap. but based on quality. They're good value."

THE SHOW MASTER MORGAN WEEKES

Co-founder of Crepe City trainer fair



"The value of trainers is cyclical. **Brand-new** pairs of

vintage Nike Huaraches were changing hands for £50 a few years ago, and those specific colourways now go for close to £600."

THE SOOTHSAYER **VOLKER KETTENISS**

Head of menswear at trend forecasters WGSN



"People want to be comfy but not sloppy. The simpler

the style, the easier it is to integrate into more formal outfits. Adidas Stan Smiths look minimal but feel luxurious."

the demand will trickle down to other models and create an inflationary environment where prices are pushed up and buyers trade information like insider stock tips. Trainers, it goes without saying, are big business.

"There's certainly an audience out there who are constantly hunting, trying to work out what we'll do next," says Nate Jobe, senior design director at Nike, who last year worked on a collaboration with Riccardo Tisci, creative director of Givenchy. The pairing was especially significant. Rather than design a new shoe, as was the case when Yohji

Trainer brands are masters at creating astronomical demand and purposefully insufficient supply

Yamamoto and Adidas or McQ by Alexander McQueen and Puma joined forces, Tisci put his stamp - and by extension, high fashion's seal of approval - on an existing Nike style. "Riccardo is a big Air Force 1 fan," says Jobe. "He talked lots about how basketball was the only sport he really connected with growing up. So the project felt very natural for us."

As any economist will tell you, bust follows boom as sure as thunder follows lightning. But don't expect a crash any time soon, says Forbes magazine's resident 'sneakerologist' Matt Powell. "The question I get asked most often is: 'Where are we in the sneaker cycle? When is this sneaker cycle going to end?" says Powell. "And my answer is always the same: 'It's not going to end. We are living in a permanent state of sneaker-ness."

Bape this year; the

resulting shoes are

hugely anticipated."

06 NIKE AIR () 4 VANS SNS PUMA DISC JORDAN CONVERSE **RE-MASTERED SWEDEN JACK PURCELL** MAG **BLAZE X BAPE** September September November "Premium leathers "The Vans slip-on "The Chuck Taylor "Nike designer Tinker "Rihanna's already shown the world that and executions will make a comeback received a great Hatfield is working and many influencers response with the on an automatic Puma will be working will up prices, but are moving toward re-introduction of lacing system, as with Japanese justifiably so. Look the checkerboard the '70s silo last year. seen in Back To streetwear pioneers out for the retro The Future: Part II.

The rumoured drop

date is 8 September."

colourways in November's Black

Friday release."



















LEEBO

DJ AND PRODUCER

"My parents were big metalheads. The first bands I remember liking were Pantera and Death, I played drums in hardcore bands: I even did a Warped Tour in the States. But I always appreciated the classics: my uncle got me into funk and disco and Chicago's Hot Streets. That ignited my love for those basslines. That took me into deep house. I started trying to break it down, mimic certain sounds. I travel with my laptop, a mini keyboard and headphones. If inspiration strikes, I tap it out. Don't get me started on iPod DJs: it's not even that difficult to beat-match. If you're going to call yourself something, take the time to learn it properly." @



SOUNDCLOUD.COM/ LEEBO-FREEMAN

DESERT

DESERT ISLAND DOWNLOAD

Without You by 6th Borough Project

"Every element is perfect: the synths, the subtle bass, the slightly wonky but smooth beat. They're masters of the groove. No matter how much I hear it, it never gets tired."

BOMBER £389
MAISON KITSUNÉ

JUMPER £98
CALVIN KLEIN
JEAMS AT HARRODS
TROUSERS £115
NUDIE JEANS
BOOTS £373
THE FRYE COMPANY
SUNGLASSES
£135 RAY-BAN

WHEN THE SHOE FITS

LACOSTE'S LATEST LINE OF CLASSIC, SPORTY
TRAINERS IS EXACTLY WHAT YOU NEED TO TAKE YOUR
SPORTS-LUXE WARDROBE TO THE NEXT LEVEL



Built to withstand the rigours of city living, these blue Light LT12's are stylish enough to go from gym to street style in no time. Blue Light LT12 £74.99

LIGHTWEIGHT LEISURE

rafted from a durable ripstop upper with iconic branding throughout, Lacoste's Light LT12's are the ultimate lightweight trainer. Sturdy enough for everyday wear and stylish enough for the pavement, these city shoes tick all the

boxes, delivering on performance and comfort. Coming in a range of colours to suit all seasons and occasions, they're guaranteed to become your day-to-day trainer of choice. All that's left to do is pick your favourite – if you can.



Let the croc logo stand out with these fresh all-white editions. They'll look great when it comes to summer. White Light LT12 £74.99



Just as slick when worn with tailored sweats or turned-up jeans, these blacked-out trainers are set to win you serious style points.

Black Light LT12 £74.99



A CLASSIC COMBINATION

A touch of sports-luxe has become the norm for Lacoste, and the Comba and Deston HCR trainers deliver exactly that. Their leather uppers give off a clean look which goes perfectly with iconic croc branding and – in the case of the Deston HCR – the embossed '1933' on the heel. Channelling the style of champion tennis player, inventor and icon René Lacoste, their traditional gum soles and clean white uppers offer a vintage tennis aesthetic, while innovative shapes and styles ensure they are stylish, modern casualwear.





Check out the contrast of all-white upper and grippy gum sole, guaranteed to upgrade your shoe game from double fault to sporting chic.

Deston HCR £64.99

The Comba's combination of white and tan harks back to the look Lacoste created when it was founded in 1933. It's a true classic. Comba £64.99





THEED

Why shop till you drop when you can shop smart instead? We've taken some of the new season's biggest trends and distilled the best options for you, your cred and your wallet



☐ £850 BLOOD BROTHER



☐ £895 SANDRO



1 £358 ALLSAINTS AT HARRODS

PERFECTO, AKA THE FIRST-EVER LEATHER BIKER JACKET. IT'S STILL JUST AS FRESH



☐ £4000 DIOR HOMME



shops for spring than in a season of Sons of Anarchy



☐ £75 RIVER ISLAND



☐ £395 WHISTLES











☐ £95 EA7 AT HARRODS









☐ £65 BLOOD BROTHER



↓ SHADES OF GREY MARL



☐ £65 LE COQ SPORTIF



☐ £195 ORLEBAR BROWN



☐ £55 ORIGINAL PENGUIN



☐ £135 SANDRO AT HARRODS



☐ £80 SCOTCH & SODA



☐ £90 AAPE BY A BATHING APE

☐ £165 AMI AT HARRODS

UA TICKLIST



☐ £550 EMPORIO ARMANI



☐ £850 BALMAIN AT HARRODS



□ £60 MI PAC



■ £2155 GIVENCHY BY RICCARDO TISCI



Look like you give a ruck by sacking up in a leather backpack



☐ £2100 DIOR HOMME







☐ £248 ALLSAINTS AT HARRODS



☐ £345 PIQUADRO



☐ £1850 BRUNELLO CUCINELLI



☐ £495 PORTER-YOSHIDA



☐ £1475 TAG HEUER



☐ £75 BLAQ ZINQ



☐ £60 BEN SHERMAN



☐ £28 MITCHELL & NESS









☐ £34 STÜSSY





an up-to-the-minute edge

☐ £28 SUPRA





☐ £25 STARTER





☐ £35 OBEY





☐ £45 NEW ERA





□ £7 H&M





☐ £20 NIXON







☐ £37 STÜSSY





ENGLISH HEART

SWISS MOVEMENT CHR.WARD

STOCKISTS If your well-worn standards are overplayed, cue these up to remaster your wardrobe



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065

Break new ground on the dancefloor and send the worm back from whence it came

founding member of Rain Crew in London, FM (real name Jason Hull) was a contemporary dancer before discovering B-boying. He now competes internationally. "Dancing is the easiest way to stay healthy," he says. "You're constantly moving, working. It's like cardio – but better, because it's dancing." Formal training at Sadler's Wells is by no means a prerequisite: "I've seen guys who've never touched a dancefloor become the dopest B-boys." Let battle commence.

THE TOP ROCK

"In time with the beat, kick your right foot out, bring it back, and lift your left backward. Swing it across your right; hop onto it, so your hip twists 90° and bring your right heel up. Reverse and repeat on the other side."

02

THE BACK TUCK

"Now use momentum to drive backward, off your toes not heels. When you feel you're not rising anymore, snap your knees to your chest to flip. If you pull your chest forward instead, you'll crash."

03

THE HOLLOW BACK

"Land softly on your toes and spring into a handstand. Drive your hips forward, shoulders back for the shape and 'freeze': one foot on the opposite knee, while flexing that leg's foot toward your shin. It looks more stylish."

04

THE WINDMILL

"Reverse it – hips back, shoulders forward – and use your momentum to begin the windmill. It's a stop-start motion; lead with your shoulder to rotate your upper body, then bring your legs through to keep the momentum going."

05

THE HEAD SPIN

"Pop up off your toes into a headstand. Keep your body rigid so you don't fall. Turn your shoulders, then pump with your legs to keep rotating. B-boying is a battle, so end facing your rival, like 'Let me see what you've got.""







